

The Toxic Warfare

How you are being poisoned in everything

Contents

You were born toxic.
Your air is toxic.
Your land is toxic.
Your water is toxic.
Your food is toxic.
Your environment is toxic.
Your clothes are toxic.
The toxic effect of fashionable diets.
The toxic assault of pharmaceutical medicines.
The toxic assault of allopathic doctors.
The toxic assault on your mind and affections.
The toxic war on relationships.
The toxic attack on culture.
The toxic assault of lies.
The toxic promotion of hate.
The toxic assault on rational thinking.
The toxic effects on your soul.
How to avoid toxicity.

Introduction

Toxic

'Toxic', of course, is an adjective meaning poisonous.

The origin of the word stems from the mid-17th century, from the medieval Latin *toxicus* 'poisoned', from Latin *toxicum* 'poison', which derives from the Greek *toxikon* (*pharmakon*) '(poison for) arrows', from *toxon* 'bow'.

So the root of the word 'toxic' is actually an arrow, specifically a poisoned arrow. Toxicity is a form of attack using poisons.

In nature, items that are poisonous are usually enhanced defence systems to fend off predators, whether that is the slime on certain frogs or types of mushroom. In other cases it is used by predators in order to get prey to feed, such as the venom of poisonous snakes or spiders. Mankind learns to deal with such things by knowledge.

Today, however, mankind is being attacked on all sides by poisonous arrows, toxicity, crafted by someone and used by the Devil to cause harm. These arrows are often hidden within something claiming to be beneficial, like fast food. We need to see how nefarious and pervasive such toxicity is.

Modern life is toxic

Most people are completely unaware how different modern life is to that of our ancestors. In short, it is poisonous in almost every area of existence. Even the very soil of most productive arable land is not only depleted of most of the vital minerals that makes food good for us,¹ it is also full of toxic herbicides, pesticides and growth agents. 'An apple a day keeps the doctor away' used to be true. Today most apples are full of toxic chemicals that cannot be washed off under the tap.

This paper seeks to explain how modern life is toxic. By understanding this you can try to make changes that will reduce your exposure to environmental poison and try to be healthy.

Without getting into the debate between germ theory and terrain theory, it is certainly true that most diseases come from external sources; it is environmental toxins that cause sickness. Knowing these helps us to avoid them and be healthy.

This is a huge subject of encyclopaedic proportions that I can only scratch the surface of. Therefore, I do not intend to fill this paper up with footnotes of sources. I will give a few where I deem necessary, but I have covered the details of these subjects in other papers, with sources.

¹ To get the copper and other minerals that used to be available in a portion of spinach on a plate, today you would have to eat a bucket-full and still fail.

You were born toxic

Tests on placentas, umbilical cord and newborn babies have shown that they are full of toxins. Right at the start of life babies are toxified to different degrees. This is true of pregnant mothers that ate healthily, avoided drugs and alcohol and did not smoke; their babies were still toxic.

Toxins are heavily entrenched in our systems from birth, such as there being concentrations of lead in the skeletal system or Glyphosate in the blood. This is due to the environmental toxic levels that everyone succumbs to everyday. For example, The CDC has detected BPA (Bisphenol A)² in the urine of 95% of people tested.

The US Environmental Working Group found an average of 287 toxins, including BPA, mercury, fire retardants, and pesticides, in the umbilical cord blood of American infants. Babies under a year can't metabolise BPA efficiently. No one gets more BPA per pound of body weight than newborns. Of the chemicals discovered, 180 cause cancer, 217 cause brain damage, and 208 cause birth defects.

In addition, a different study found that air pollution alone caused nearly 6 million premature births globally.

Incredibly, this toxicity gets worse in infancy as even the mother's milk contains toxins. Over 90% of American mothers have Glyphosate in their breast milk. As the child grows this is increased as the child consumes breakfast cereals that are full of Glyphosate and milk that contains multiple toxins (see later).

Babies in the home are also susceptible to multiple environmental toxins (see later), some of which cause serious medical issues that doctors put down to chance. Even much processed baby food is very unhealthy. It is all these toxins (plus vaccines) that lead to infantile allergies.

Then on top of all this babies are vaccinated with multiple toxic vaccines that do no good but do cause harm, most notably autism. There is a direct correlation in the graphs showing the introduction of certain vaccines and the massive rise in autism.³ Since Vitamin C alone kills all virus and bacteria infections, vaccines are unnecessary (but make lots of money for Big Pharma).⁴ American kids get 29 vaccines by the age of two and up to 94 before they are an adult.

To get fully healthy, one has to first detoxify the body from toxins resident since birth.

Resources

- Environmental Working Group, 14 July 2005.
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- *Daily Mail*, 'Air pollution causes almost 6 million premature births ...', 28 September 2021.

² BPA is a major ingredient in polycarbonate plastics. Polycarbonate drinking bottles were shown to release BPA 55 times more rapidly when exposed to boiling water, such as baby's drinking bottles. Some studies have also detected leaching at room temperature.

³ Correlation is not causation I know, but causation has been separately proven in multiple studies.

⁴ Vitamin C has even cured rabies and leprosy.

Your air is toxic

Few people realise how poisonous our atmosphere is today. There are many reasons for this. Clean air consists primarily of 78% nitrogen and 21% oxygen with a mixture of lesser gases like argon (0.9%), carbon dioxide (0.04%), methane, hydrogen, helium etc. and water vapour (varies, up to 4%).

Pollution

There are many forms of atmospheric pollution; too many to itemise. I will list a few. Usually air pollutants are divided into gases, fine solids or finely dispersed liquid aerosols. When these reach high concentrations and are not dispersed, they become harmful to humans.

Radioactivity

Due to man's stupidity there is a great deal of radiation circulating in the air. This results from the testing of atom bombs: on islands, underground and in the air. It also results from industrial events such as nuclear power station accidents. The Fukushima event released radiation along the relevant winds. The Chernobyl accident released masses of radiation that still circulates along the latitude of the relevant winds. For example, people living in Scotland have higher measures of radiation than those living in the south as a result of Chernobyl.

Industrial pollution

Since the industrial revolution, factories and other commercial enterprises have released particulates into the air. The concentration of these varies depending where you live. Urban areas obviously have more local pollution than rural areas. However, some rural areas have a great deal of pollution from power stations or mining activity. But industrial farming also releases particulates into the air, such as pesticides and herbicides. People in houses right next to farmland can be made very ill from the farming process.

Accidents

There are various types of accident that cause serious atmospheric pollution. One of the worst is the fires in recycling plants. Few people know that there have been scores of fires in recycling stations. When these set alight, they pump huge levels of the worst types of particulates, dioxins being the very least. The toxicity if these is huge, especially since much of the contents are plastic. In recent years there have been major incident fires at the plants in Oldbury (West Midlands), Smethwick (Birmingham), Rotherham, Manchester, Camarthen (Wales), Bury, Newton-le-Willows (Merseyside), Stoke on Trent, Saltburn, Selby, Dagenham, Barnsley, Nailsworth, Dumfries, Portsmouth, Dunfermline, Mortlake (Chiswick), Battersea and more. Each one of these pumped huge amounts of deadly toxins into the atmosphere.

I have seen a recycling plant alight in Dudley, West Midlands. I was in Bournville, Birmingham, perhaps 20 miles away and the plume of smoke was gigantic and I could smell the effects from that distance.

It seems to me that many recycling plants find that they cannot make money from the operation and then suddenly there is a fire that wipes it out and the owners can claim on the insurance. Why the Fire Service has not investigated this is beyond me. There is also a growing problem with dealing with lithium, the chief component of modern batteries. These can start electrical fires.

Since recycling makes little sense in the way it is currently operated,⁵ perhaps the price being paid is too high and we should reconsider.

Transport pollution

It is well understood that the exhaust of internal combustion engines is deadly in high enough quantities. Cancer is just one outcome of this but lung disease is probably more ubiquitous.

Despite efforts to clean car engines up, cars still expel harmful particulates and gases into the atmosphere, which builds up and pools in residential basins. But it is not just cars. Diesel trains cause much pollution, as does the exhaust of aeroplanes of various sorts as well as boats.

Electric motors may appear to be clean but the manufacturing process of making the batteries releases much harmful pollution into the air, such as lithium and cobalt mining. Power stations that are required to charge the batteries also release pollution. The heavy weight of the batteries cause deterioration of tyres and brake pads releasing particulates which are more polluting than petrol vehicles. Researchers have calculated that over a car's life electric vehicles actually do more environmental damage than traditional cars. They are also incredibly inefficient, expensive⁶ and can never carry heavy loads used in trucking. On top of that EVs regularly explode and catch fire that cannot be extinguished ('heat runaway'). Exploding EVs have sunk cargo ships, destroyed multi-storey car parks and burned down bus garages and homes.

Specific major pollutants

- Carbon monoxide: an invisible gas resulting from incomplete combustion. It is the most abundant pollutant with the primary source being petrol engines. Contributes to smog formation. Causes heart disease, vision problems, reduction of mental and physical capabilities.
- Ozone. From industrial emissions, automobile emissions, chemical solvents and electrical utilities. Damages plants. Reduced lung function, breathing difficulties.
- Nitrogen oxides. From car emissions, electricity generation, industrial processes. Causes inflammation and irritation of breathing passages.
- Sulphur dioxide. Results from industrial processes, electricity generation, fossil-fuel combustion. Causes breathing difficulties.
- Particulate matter.⁷ Fires, smokestacks, construction sites, unpaved roads, power plants. Forms haze and acid rain, which changes the pH balance of waterways. Damages foliage. Causes breathing difficulties and irregular heartbeat.
- Lead particulates in the form of fumes and dusts⁸. Formed from metal processing, waste incineration and fossil-fuel combustion. Particularly harmful to children.
- Air toxins. Organic chemicals of various sorts, especially compounds that readily evaporate. This includes hydrocarbons and chlorine compounds. Some are metals or

⁵ For example, most recycling actually uses more energy and CO₂ than traditional methods if you take all aspects into consideration. E.g. it is far cheaper and energy efficient to make glass with silica, which is plentiful, than by recycling. Landfills are also very sensible if properly managed. In fact they can be turned into acid-soil green parks over time, as has been done in Essex and Wales, providing an environment for certain plants, orchids, and thus wildlife. Sensible recycling (such as reusing old bottles) is not done. Neither is rag-recycled into paper – why?

⁶ A local man had an electric car that was a few years old and stopped working. It needed a new battery. He enquired and the cost quoted was £20,000 but the car when new only cost £24,000.

⁷ Particulates are very small fragments of solid material or liquid droplets suspended in the air.

⁸ Solid particulates between 1 and 100 µm (micrometres) in diameter. Airborne solids less than that are called fumes.

metal compounds, such as mercury, arsenic and cadmium. Others include asbestos, benzene cyanide, formaldehyde, vinyl chloride, radionucleides and nickel compounds.

Indoor air pollutants

These mostly derive from various combustion products from stoves, heaters, fireplaces and organic compounds from household products (paints, cleaning products, pesticides). Also there is off-gassing from building products (e.g. particle board) and from dry cleaning textiles. Then there is mould, dust mites, animal dander and pollen. All these can cause disease. This is to say nothing about cigarette smoking.

Chemtrails (stratospheric aerosol injection, geo-engineering)

No, this is not a conspiracy theory. Geo-engineering (or Stratospheric Aerosol Injection) is well documented, even from released government records. It has been in operation for nearly 100 years as cloud-seeding and went into overdrive after 1945. US Congress records document this and can be accessed. In the UK stratospheric aerosol injection is officially described as Solar Radiation Management (SRM) in government documents, such as by the Dept. for Business, Energy, & Industrial Strategy. Although the CAA (Civil Aviation Authority) has denied this (they are lying, they authorise the flights) the Meteorological office has openly described how SRM works to dim the sun by reflecting solar radiation back into space through injected particulates.

Military operations

Chemtrails used as a military operation go back at least as far as the Vietnam War. Operation Popeye was a chemtrail operation to make the monsoons more serious along the Ho Chi Minh trail, which was the main supply route of the Vietcong. This is openly admitted and documented by the Pentagon.

The purpose of Chemtrails

It is debated exactly why there is so much activity using chemtrails today. It has been suggested that they are:

- Geo-engineering for various purposes. Weather manipulation.
- To make populations docile.
- Military weapons testing.
- Military targeting of enemies.
- Depopulation agents.
- Non-consensual medication. The pandemic agenda has seen some nations (Spain, Australia, USA) spray vaccines from the sky.
- Scalar mind-control technology.

We certainly know that many elite figures, such as Bill Gates, want to dim the sun as part of the climate change agenda.

Other climate change projects include:

- Dumping chemicals into the sea to change the pH.
- Dump sodium hydroxide dyed with chemical compounds into the sea to create a 'carbon sink' to draw CO₂ out of the atmosphere.
- Injecting reflective particles in the sky to dim the sun.
- Blasting brine mixtures into the sky to create larger brighter clouds.
- Spraying chemicals into the atmosphere.
- Through complex mechanisms and various particulates, we know that the authorities have the ability to divert the jet stream.

However, while the climate change agenda is the most often cited cause for chemtrails (such as by the UK Meteorological Office) this is a ruse. According to pilot whistleblowers the real objective is: 1) the depopulation agenda and 2) medicating populations. At this time chemtrails are spraying mRNA treatments on to populations because the take-up of mRNA injected vaccines has fallen so low and this is vital to the plans of the global Elite. Bill Gates is the chief funder for the projects using multiple companies.

Geo-engineering has been going on more intensely for at least two decades but in the last four years has gone into overdrive.

The government is fully complicit in this; everybody involved knows what they are doing

- The Civil Aviation Authority is involved because it has to log and permit all flights. The CAA denials are blatant lies.
- Air traffic controllers have to identify the planes being used for air safety. However, Chemtrail planes do not appear on flight radar. People have seen a plane spraying above their house but find no trace on flight radar websites. If the government was not involved, an unregistered plane not appearing on flight radar would be taken out within minutes by air force fighters.
- The government openly admits to using Solar Radiation Management.
- The Met Office has given video expositions of Chemtrails as a climate change tool.
- The BBC Verify denial of this is typical BBC lying propaganda. They can't even check the government website, which openly admits it.
- There are thousands of people involved in the projects including: pilots (usually military or ex-military), engineers, mechanics etc. These keep quiet for fear of their lives; they have also signed NDAs.
- There are military and commercial planes being used. These are modified to be used to spray compounds.
- The pilots have to sign dangerous goods declarations itemising the chemicals on board. This is in case of a crash because the fire-fighters need to know what they are dealing with.

Visible Chemtrails

You can regularly see chemtrails in most countries. Where I live they appear every few days. They can be identified as criss-cross grid patterns of 'vapour' lines that no commercial flight could possibly make. Contrails (condensation trails) from commercial planes are uncommon, occur at high levels in one straight line and dissipate very quickly. Chemtrails (chemical trails) occur at lower levels (10-15,000 feet), spread about and linger in a grid pattern, gradually forming a white sky.

Toxic effects

We can measure the effects of chemtrails on the Earth. Multiple agencies have been doing this for years and are very alarmed. There are various chemicals ejected as aerosols from the back of planes. These include aluminium oxide, strontium and barium. All are toxic; several cause cancer and at least one causes Alzheimer's. The levels of these chemicals can be measured, especially in places where they should not exist, such as high mountain pools. The high levels have shocked environmentalists.

However, the point here is that you are breathing this stuff. Aluminium causes Alzheimer's Disease and it is being rained down upon you.

Chemicals used:

- Environmental sulphates. [Sulphur dioxide, Hydrogen sulphide, Carbonyl sulphide.]

- Black carbon.
- Metallic aluminium.
- Aluminium oxide. Ten million tons of aluminium have been dumped on people according to experts.⁹
- Barium titanate.
- Strontium.
- Reflective particulates.
- Graphene oxide.

Some researchers have identified 40 components.

Quotes

Our analysis suggests that adverse public health impacts may reasonably be expected from SRM¹⁰ via deployment of stratospheric aerosols.

University of Michigan.

He who controls the weather will control the world.

Vice President L B Johnson, Texas State University, 27 May 1962.

Depopulation and injury

Whatever other purposes of Chemtrails, a key one is depopulation. People breathing in these toxins will get cancer and other diseases. But they also poison the ground, ground water, vegetation and animals that feed on this. Cows have now been shown to have highly polluted blood vessels from eating contaminated grass. Humans eating this meat develop brain damage. But insect populations are collapsing with bees being the most worrying. Bees, having a build up of aluminium in them, are displaying erratic flight and behaviour as they suffer a form of dementia.

This is insanity of the highest level. It is a most worrying feature of the Elite cabal's psychopathy and must be stopped.

Government secret experiments on populations

After WWII Western governments began various experiments on the unsuspecting public. Local populations were sprayed with toxins and pathogens to test certain theories or substances. The UK MOD did multiple tests on different areas, such as spraying a type of influenza virus over the south east coast from ships in the channel. I have detailed these in other papers.

An American example is the spraying of St Louis and other cities by the US army during the 1950s and 60s. The chemicals included zinc cadmium sulphide with radioactive particles. This was done because of insufficient volunteers from soldiers to act in experiments. In Corpus Christi, Texas, aircraft were used to spray the locals but in St Louis the sprays were from vehicles on the road and from towers on buildings. This was done without the knowledge of city officials. The cover story was that the army was testing smoke screens as part of a defence against Russian attack. The greatest concentration of the compound was on the Pruitt housing complex, home to 10,000 low-income people; 70% were under the age of 12.

If you did not understand that the people in authority are psychopaths before, you do now.

⁹ Rumble, Allshallberevealed, '10,000,000 tons of aluminium dumped on us and expert admits the consequences are unknown',

¹⁰ Stratospheric Aerosol Injection.

Conclusion

All in all, your air is very toxic.

Resources

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- United States Senate, Committee on commerce, science and transportation. May 1978. [NB chapter 5, '*The federal Government has been involved for over 30 years in a number of aspects of weather modification*'.]
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- YouTube, Richard Vobes, Pilots speak out. (Highly informative content).
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- Rumble, The People's Voice, 'Pilot testifies Bill gates spraying "Air-Vax" mRNA on humanity via Chemtrails'.
- Science, Translational Medicine, Alexandra Suberi, 'Polymer nanoparticles deliver mRNA to the lung for mucosal vaccination', 16 August 2023.
- Dr William Deagle (US Army doctor), speech 'Conspiracy realities of 9/11 to Avian Flu and beyond', Granada Forum, 7 December 2006.

Your land is toxic

The land that our forefathers farmed was nothing like the earth that our food now grows in. It has been ruined by: mineral depletion, farming pollution, industrial pollution, insecticides, herbicides and fertilisers.

Mineral depletion

Even if you buy organic vegetables and fruit you are not getting the important trace minerals that you once got because modern farming methods have depleted them. To get the amount of copper that you once got in a portion of spinach on a plate in the 1930s you would need today to eat a bucketful.

For centuries in the past we practised sensible agricultural methods. The rotation system was in use until my lifetime. This moved farmed products from field to field in a rotation that protected the minerals in the soil. One field would always be left to lie fallow for a year and just grow whatever plants landed on it with no animal grazing. This put many minerals back into the soil.

Today we have Big Aggro where huge fields are cultivated with the use of heavy farm machinery and no field is left unproductive. To make up for the lack of goodness in the soil, plants are artificially developed with the use of fertilisers. In the past these were natural

products, organic fertilisers, such as manure and composts which have been in use since the beginning of agriculture. This is no longer the case.

Fertilisers

A fertiliser is a natural or artificial agrochemical containing nutrients that is added to soil to improve the growth and productivity of plants. Today, predominantly chemical compounds are used. These provide the three major elements required for plant growth – nitrogen, phosphorus, and potassium – along with other minor and trace elements.

In addition, lime is applied to combat soil acidity and provide calcium. Sodium nitrate is applied (in the past guano was used for this purpose).. Modern chemical fertilisers were first used in the 1840s: one of the earliest being 'superphosphate' made by dissolving bones (later mineral phosphates) in sulphuric acid.

Nitrogen fertilisers are almost universally derived from synthetic ammonia, produced from atmospheric nitrogen. Industry has coupled ammonia to a range of other compounds to yield ammonium salt and urea fertilisers. Potassium fertilisers are obtained as various mined salts. Most fertilisers are applied as solids, either powders or granules, but ammonia gas can be liquefied under pressure and injected deep into soil. Nitrate fertilisers have entered water supplies with harmful consequences.

So, to force plants to grow excessively, mankind is adding: sulphuric acid, synthetic ammonia, nitrates, lime and other poisons. These enter into the plant structures and are eaten. While phosphates and potassium are beneficial to the body, too much can be harmful, especially if kidney function is impaired. But these are synthetic forms and not what is naturally found in vegetables.

So far this is the supposedly good stuff; and it is harmful. Worse is to come.

Insecticides

These are pesticides designed to kill insect pests that include both natural but mostly chemical agents directed against insects, mites, nematodes, and molluscs.

The earliest insecticides such as: pyrethrum, derris, and nicotine, were extracted from plants but today they are mostly chemical agents. These include:

Organochlorine

Chlorinated hydrocarbon (organochlorine) insecticides, such as DDT. Successful against most pests, organochlorines were once widespread in the UK during the 1950s and 1960s. Concerns over health led to most of them being restricted or banned in the West. In fact, many people living close to sprayed fields suffered serious illness and some died, but proving culpability was difficult and for a long time not even realised.

Organophosphates

The most important insecticides are now the organophosphates and carbamates. They vary widely in individual persistence, toxicity, and selectivity, and can be formulated as liquid sprays and dips, dusts, granules, or pellets. Over-use of some compounds rapidly led to the extinction of some species of insects and to other species becoming resistant to their effects.

Neonicotinoids (neonics)

These are neuro-active insecticides produced after 1980. These include: acetamiprid, clothianidin, imidacloprid, nitenyram, nithiazine, thiacloprid and thiamethoxam. Imidacloprid is the commonest insecticide in the world.

The big problem is that these all have harmful effects on animals that feed on insects, especially birds, but also insects that we want to protect, such as bees and spiders. Bee colony destruction¹¹ has been closely connected to neonics.

In 2018 the EU banned clothianidin, imidacloprid and thiamethoxam.

Herbicides

A toxin to kill undesired plants, weeds or other unwanted vegetation.

Total herbicides

Non-specific agrochemicals killing all plants: examples of such 'total' herbicides are sodium chlorate and paraquat. Herbicides are usually used in a liquid form, and sprayed on to the crops.

Selective herbicides

More selective, for example killing only broad-leaved plants. These herbicides are effective when growing cereals or other thin-leaved crops.

Toxicity to humans

Although supposedly designed to be toxic only to plants, many herbicides are toxic to humans. Concern about the harmful effects of persistent chemicals has led to the development of products that break down when they enter the soil. Pre-emergent herbicides are designed to persist in the soil, and kill weeds at their most vulnerable stage, as they germinate.

The problem is that it is not really understood exactly how toxic these chemicals are and how they interact with other chemicals, such as medicines. Anecdotal stories constantly appear of people that have been damaged by exposure, often involving cancer. But nothing is being done about this because modern farming is absolutely reliant upon these chemicals.

Glyphosate

A synthetic compound which is a non-selective systemic herbicide, particularly effective against perennial weeds.

This is the weed-killer that is found in the commercial 'Round-Up'. It has been proved to cause cancer in humans exposed to it, especially for long periods (such as farmers). There have been numerous court cases relative to this; such as the Dwayne Johnson case, who developed a lethal form of Non-Hodgkin lymphoma, where a jury awarded \$289 million (later reduced on appeal to \$20.5 million). It is a highly dangerous poisonous product that should be banned.

Glyphosate is either used copiously on grains that have been genetically designed to withstand it or it is genetically built into the grain itself. It is used on 80% of GM crops such as wheat and oats. It is also used by councils on parks, playgrounds, schools, pavements and verges. It has been found in formula drinks given to infants at levels found to destroy the gut bacteria in chickens (0.1 ppb).

Glyphosate has been identified in water, wine, beer and grains. Testing has revealed that 43 out of 45 US food products made with oats were positive for glyphosate, most at dangerous high levels. Monsanto (now owned by Bayer) claimed that glyphosate, if ingested, would simply be excreted. Instead studies have shown that it remains in the body

¹¹ Honeybee colony collapse disorder.

causing harm. Over 90% of Americans tested positive for glyphosate and it was even detected in breast milk. This is because the grains used to make breakfast cereal are filled with it. Other studies showed that glyphosate was present in the urine of many Europeans.

GMOs

This is a huge subject that I can only scrape the surface of here. There are multiple issues with genetically modified organisms.

Firstly, this food is not natural but has genetically tampered with by man. That is never a good sign. GMO plants have been eaten by animals that quickly died, even large animals like water buffalo in India. Insects have died after close contact with them, especially bees. It seems to drive them insane and erratic.

GMOs were forced onto farmers with the claim of high yields, but this proved to be false. In India, hundreds of thousands of farmers committed suicide after their GMO crops failed and they were left unable to use original seeds.

A big problem is the issue of genetically splicing weedkillers, like Glyphosate into the plant itself (who dreamt that up!). Manufacturers claimed that it was not possible that the weedkiller could be transmitted to humans, only to find out that 98% of consumers now have Glyphosate in their bodies. It is even in the breast milk to feed babies. Glyphosate causes cancer.

In other cases the genes are altered to withstand high levels of Glyphosate poured on to the plant. Again this ends up in the food chain and kills the soil.

It is now the case that most soy and corn is genetically modified and should be avoided.

Radon

Though this is a natural issue, it is still quite concerning.

Radon is the heaviest noble gas.¹² It occurs naturally and has been noticed to increase in groundwater before seismic activity. It is highly radioactive and produced by the radioactive decay of heavy elements, such as radium.

Certain areas of the UK contain natural sources of radon, a radioactive material in the earth. I live in one such area. It is often connected to granite sub rock. It is thought that long exposure to radon can cause health problems such as cancer, but there is not much you can do apart from relocate.

Pollution

This covers a huge amount of items. We could mention the result of chemtrails that pour toxins from the sky that fall on Earth and end up in the food supply. These include aluminium, which causes brain damage.

Industrial pollution is a source of many contaminants. Despite regulations, toxins manage to damage soil through various means, such as industrial waste, radioactive waste, chemical spills, illegal disposal, mining activity, building destruction, construction sites, and so on. I have had land tested in Chesterfield that had mining tunnels under it and the levels of toxicity were very high but local people had no idea it was dangerous.

¹² Any of the gaseous elements helium, neon, argon, krypton, xenon, and radon, occupying Group 0 (18) of the periodic table.

Heavy metals

Although heavy metals occur naturally, the concern is about the build up of these due to the accumulation of these elements by manure (from animals fed chemicals), slurries, waste products and pollution. Heavy metals include: zinc, copper, nickel, cadmium; lead, mercury, chromium, molybdenum, selenium, arsenic and fluoride.

High concentrations of heavy metals in the body cause serious health problems including paralysis and cancer.

Resources

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- Pesticide Action Network UK, 'Glyphosate'.

Your water is toxic

Now the drinking water in some nations has been poor for a long time. Even in America, certain states, such as Michigan, have had poor quality drinking water due to industrial and agricultural pollution of the water table. Fracking has especially damaged water supplies. Yet most Western people think that their water is completely safe. It is not.

Chloride

British water is purified in an archaic method that uses bleach. Yes, chloride is used to clean your water. This is shocking since there are methods of purifying water so that it is pure, such as using U/V light or ozone – but the government and water industries don't want to waste money on something beneficial. Industrial chloride is harmful. Ingesting too much chloride causes cancer.

In addition, chlorine interacts with phenols (chemical compounds occurring naturally in water) which then cause cancer.

Fluoride

If you are unfortunate enough to live where the water is fluoridated, you are exposed to bad toxins. The West Midlands is one place where this occurs and this coincidentally has an extremely high rate of thyroid disease. However, the UK government has just announced that it plans to fluoridate the whole of the country.¹³

Fluoride in water causes many problems and reduces the IQ of people drinking it.

- It causes neurone damage and damage to teeth and the skeletal system as well as contributing to other ailments.
- It has very damaging effects on the thyroid gland. This is worsened by chlorine in the water and bromide in bread flour. The combination is a serious threat to thyroid function.

¹³ See statement by Health Secretary Sajid Javid.

- It causes fluorosis of teeth.¹⁴
- It causes dementia, arthritis, hyperactivity or lethargy, bone cancer, disrupted immune system, cell death and more.
- Fluoride exposure during pregnancies is associated with lower IQ and increased ADHD symptoms in babies.

When questioned under the Freedom of Information request system governments cannot supply any data proving that fluoridating water is either safe or beneficial. One such request was in Canada submitted in 2014. HealthCanada admitted they had no studies to support their fluoridation programme.

Studies showing the risk of fluoridation include:

- *National Library of Medicine*, PubMed, Michael Levy & Bernard-Simon LeClerc, 'Fluoride in drinking water and osteosarcoma incidence rates in the continental United States among children and adolescents', April 2012. Increased risk of osteosarcoma.
- *Harvard School of Public Health*, 'Impact of fluoride on neurological development in children', 25 July 2012. Detrimental to intellectual development.
- *Neurotoxicology and Teratology*, 'Association of lifetime exposure to fluoride and cognitive functions in Chinese children: a pilot study', February 2015. Long term study in fluoridation of Chinese children.

This should not be a surprise since the fluoride used is a waste product of the aluminium industry. Water fluoridation was a scam invented in the 1940s to turn a waste product into a money-spinner by inventing the lie that it protects teeth from decay. It does not. It was legalised by the US Congress as a result of corruption, bribery, racketeering and lies. From there it passed to other countries, though some have now banned its use.

Pollution

There are multiple types of pollution in our drinking water. It is not pure. These pollutants include lead and aluminium, both highly toxic. The city of Flint in Michigan was very seriously affected by lead in the drinking water. The problem is the time it takes for municipal authorities to know and deal with such a problem. Many people became seriously ill and detoxification of heavy metals is difficult. It is ridiculous that the most technically advanced nation on Earth could be affected by something so basic. You cannot trust any government for your health.

Lead concentrates in the bones. Most people have lead in their bones which is contributing to bad health but doctors rarely check for this. Unfortunately, this can only be removed by chelation.¹⁵

Some regions (such as New Zealand) have considerable nitrates in the water that can be harmful, especially agricultural nitrates. Worse are the *Nitrosomonas* bacteria, which convert saline ammonia to nitrate.

Particulates

There are microscopic particulates, such as heavy metals and nano-plastics, in our drinking water. These come from a variety of sources, including industrial pollution.

¹⁴ A chronic condition caused by excessive intake of fluorine compounds, marked by mottling of the teeth and, if severe, calcification of the ligaments.

¹⁵ In nutritional therapy, the use of a specific supplement to bond with a metal and thus excrete it from the body. They are usually organic compounds but some are not, such as zinc, which removes copper.

Chemicals

These include PFAS (per- and polyfluoroalkyl substances) which never break down in the environment. They derive from the manufacture and degradation of cookware, furniture, carpets, packaging, coatings and fire-fighting foams. These accumulate in the blood and are linked to colitis, thyroid disease, cancer, miscarriages and hypertension. In Australia towns have been warned not to drink tap-water due to this problem. In America utility companies have been sued for the damage caused.

In Britain, the Environmental Agency and DEFRA have admitted that these are ubiquitous and probably in the drinking water, but have no plans to get rid of it. They are not even testing for it; neither are the water companies.

Medicines

Drugs that have been flushed down the toilet or wrongly disposed of by companies can get into the water supply. Many people are being affected by hormones in drinking water. Some speculate that these hormones are feminising men today and causing female characteristics (such as 'man-boobs' and over-emotionalism).

Bacteria and parasites

The chloride purification system is primitive and many bacteria survive the process. One of these is Cryptosporidium, a microscopic parasite that causes sickness, diarrhoea and intestinal damage. Another one is Cyanobacteria.

Sewage waste

Ridiculous as it may seem, there have been many instances where there has been cross-contamination of the water supply by raw sewage. In some cases, whole towns in Britain had to have their water cut off until the problem could be fixed.

This is usually caused by human error or by poor health standards of commercial companies.

Sewage water is also filtered and treated and then passed into the water system. The filtration process removes large unwanted particles but not small ones which pass through. These can include chemicals, oestrogen from birth control pills, antibiotics and many other items. Unless you filter your drinking water, you will be consuming these things. The remaining sludge is sold as fertiliser to farmers, yet is full of toxins.

Sewage is also filtered for products and sold. One main product is soap. Soap in sewage waste is filtered out and sold to hygiene companies who collect it and make soap products. You may literally be washing your face with something collected from human detritus.

Agricultural sludge

The bio-sludge that drains off farmland and gets into the water table is shocking. This is a mix of multiple hazardous chemicals that can kill or cause serious disease. It includes hormones, antibiotics, phosphates, GMOs, pesticides, herbicides and so on.

Algae

Harmful Algae Blooms can make people and animals sick. These are overgrowths of algae that can include cyanobacteria. Though not normally found in tap-water, they can be found in recreational water systems, such as lakes and ponds or can be found in foods contaminated by such water, such as from farmland. People are regularly made sick by such algae.

Corrosion of water pipes

I once lived in an old house where the water pipes caused high levels of iron in the drinking water. Some people still have lead pipes, which are now illegal. When plumbing pipes corrode they can cause contamination of the drinking water. Modern plastic pipes can deteriorate and cause nano-plastic particles in the water.

Conclusion

If you are not filtering your drinking water, you should start doing so now. While a cartridge jug system may prevent some toxins, only a reverse-osmosis filter system or similar will really do the job.

Resources

- Paul Fahy, paper: The Iniquity of Water Privatisation.
- The Guardian, Rachel Salvidge, 'UK flying blind on levels of toxic chemicals in tap water', 25 March 2021.
- NRDC, Fact Sheet, 'Toxic drinking water: the PFAS contamination crisis', PDF.
- Mail Online, Health, Mia de Graaf, 'Deadly toxic chemicals found in drinking water for at least 6 million Americans', 9 August 2016.
- Film '*Dark Waters*', starring Mark Ruffalo. The legal case against DuPont after the contamination of a town with unregulated chemicals.
- Film '*Erin Brockovich*', starring Julia Roberts. The legal case against Pacific Gas and Electric for poisoning residents in 1993.
- CDC, Public Health Matters Blog, '*Danger in the water: when algae becomes toxic*', 22 June 2016.
- Save the Water, 'The toxic effects of chlorine as a drinking water disinfectant', 21 December 2020.

Your food is toxic

It is difficult to know where to begin in this matter since it is a huge subject and worthy of many books. I can only scratch the surface.

Obvious bad food

First there is the food that everybody knows is poisonous even if they consume it. I will try to break this down.

Processed food

All processed food is toxic due to the ingredients used and the way that it is cooked and stored. The list of such food is endless.

The very worst are things like crisps. These usually have no natural products involved (such as potatoes) but are chemical concoctions with added flavouring. Worse they contain Acrylamide due to the heating process, which is especially toxic. Acrylamide is a chemical that is formed when starchy food is heated to high temperatures (as in the crisp-making process) which has the potential to cause cancer.

Perhaps the very worst type of food possible is processed ready meals that are heated up in a microwave oven.

Microwaves are downright dangerous. They heat up food in a process of vibrating the inner molecules so fast that they get hot. The problem is that this vibration actually changes the molecules into poison. Good food, such as decent meat, has its protein molecules turned

into dangerous prions, which cause disease (such as Mad Cow Disease). But if you start with bad processed food, the process makes it extremely dangerous. Essentially, eating ready meals cooked in a microwave will give you cancer.

All vegetable oils

Such as canola (rapeseed), sunflower, olive. All vegetable oils oxidise when combined with oxygen, which causes inflammation somewhere in the body. The process is worsened when heated up. Furthermore these oils are a big source of linoleic acid, an Omega-6 fatty acid. In large quantities this causes inflammation in the body. The social trend to switch to vegetable oil spreads from butter caused a huge increase of this in diets. There is also a relationship between dietary linoleic acid and cancer.

It is not safer to cook with vegetable oils. This is a lie. The only safe oils to cook with are coconut oil or rendered animal fats. Olive oil on salads is safer, but the oil has already started to oxidise in the bottle.

Seed oils (vegetable oils)

These are the very worst of the oils, yet most people believe that they are healthy.

Seed oils, such as sunflower, peanut, soy, safflower, corn, canola (oilseed rape), sesame etc. are metabolic toxins, as I have implied already. Some researchers have compared seed oils to arsenic because they poison the body in the same manner (oxidative stress causing inflammation).¹⁶ Research shows a direct correlation between the rise of seed oils and the rise of cardiovascular disease, obesity, cancer and diabetes. This is due to the oxidative stress caused by Omega-6 fatty acids and especially linoleic acid (the primary fatty acid found in polyunsaturated fatty acids). Seed oils are also: pro-inflammatory, cytotoxic, mutagenic, thrombogenic, obesogenic, genotoxic, carcinogenic and atherogenic.

Seed oils are worse for your immune system than sugar. Linoleic acid is found in most processed foods, sauces, and salad dressings but also olive oil, pork and chicken. They are a key factor behind the soaring rates of heart disease, cancer, diabetes, obesity and dementia.

Heart disease, cancer and obesity were virtually unknown in the 19th century. For example cancer caused 0.5% of deaths in 1811 and 5.8% in 1900. It was over 31% in 2010. Diabetes had a prevalence of 0.37% in 1935; by 2020 there was a 28-fold increase. 1.2% of Americans were obese in the 19th century but 39.8% were in 2015.

The popularity of processed sugar, trans fats, refined flour but primarily processed seed oils is the cause of these chronic diseases from the mid-20th century onwards. By 2006, 88% of Americans were metabolically sick (measured by blood glucose, triglycerides, HDL cholesterol, blood pressure and waist size).

Seed oils are everywhere. They are in much processed food. They are used as cooking oil. They are used in restaurants because this oil is a sixth of the cost of butter. No one understands that they are poisonous because they are not acute toxins but chronic toxins.

They first appeared in the 1860s to adulterate lard and butter. Then they supplanted lard and butter and beef tallow. The saturated fat / demonise red meat myth in the mid-20th century led to seed oils dominating food, as well as the rise of processed sugar in processed foods. Today one third of American caloric intake is seed oil.

¹⁶ Seed oils and arsenic: lower cholesterol, cause oxidative stress, cause inflammation and are toxic.

The Masai tribe of Kenya / Tanzania eat primarily milk and meat. Their diet is 66% animal fat, 17% carbohydrate and 1.7% omega-6 linoleic acid. They have no heart disease. Yet westerners are constantly told to avoid animal saturated fat to avoid heart disease. The New Zealand Tokelauans have up to 62% of calories from coconut, which amounts to 48% of saturated fat. Less than 1% of their diet is omega-6 fats. They also have no heart disease.

Essentially, people have been lied to for decades to believe that vegetable oils, and especially seed oils, are healthy when they are poison.

PUFAs

During the 20th century the Western diet shifted from being centred on saturated fats to polyunsaturated fatty acids (PUFAs). This coincided with a declining life expectancy and rising chronic disease. PUFAs are found in vegetable oils, nuts, seeds, inorganic pork and chicken, dairy alternatives and packaged foods.¹⁷

Dietary fats are vital for not only energy but safeguarding cell structure, hormone production, nutrient absorption and metabolic signalling. PUFAs trigger lower metabolic rate and increase stress and fat gain.

PUFAs are prone to oxidation that damages proteins, DNA and cell components. They also interfere with thyroid hormone utilisation and impact gut health contributing to inflammation and metabolic problems.

People should choose saturated fats for cooking, limit nut consumption and prioritise beef and lamb over pork and chicken, plus avoiding dairy alternatives and packaged foods.

[See later on polyunsaturated fats.]

Processed sugar

Many food products are filled with sugar to make them taste better after good fat was removed from them. The worst of these is High Fructose Corn Syrup, which is found in most processed foods.

Some products claiming to be something natural are just chemicals mixed with sugar. Multiple fruit juices and smoothies are just chemicals mixed with sugar. Some orange juices have so little orange in them that they use carrots to give a yellow colour. These are mostly just a chemical concentrate plus sugar; yet people think that it makes a healthy breakfast.

Fake sugars

Perhaps the worst of these are products that include Aspartame. This breaks down into formaldehyde and ethanol, both of which are highly toxic.

Aspartame arose by accident when a scientist developing insecticide accidentally found that the subject matter was sweet to taste. Aspartame originated as an insecticide.

Aspartame is also found as a sweetener in many drugs.

Bad storage methods

The various methods of making food last longer than is natural all cause toxicity.

¹⁷ Joseph Mercola, 'The fat of the matter: practical tips to improve dietary fat choices and boost metabolic health', 16 July 2024.

Nitrates

Nitrates are added to certain types of food, such as industrial processed sausages (cheap packaged sausages, salami, chorizo etc.) and hams. Deli meats therefore contain sodium nitrate.

Modern storage systems, whereby meat is in a tray covered by a layer of plastic, also have nitrogen sprayed in to give longer life. This causes the meat to have nitrates.

Chemical food preservatives

Often known as E-numbers; these are various chemicals used to make food last longer or to enhance the flavour. The act of adding these chemicals adds toxicity to even natural food.

Some types of salts are food-enhancers, which are used to give a more intense flavour. One is MSG (monosodium glutamate), a type of salt which is very bad for you. Chinese food has very high levels of MSG. If you take the MSG out of Chinese food the taste is extremely bland and boring.

Added salt

See 'Table salt'.

The salt used in most food processing is very bad for you and causes numerous problems, including hypertension (high blood pressure).

Some foods are exceptionally high in salt, such as processed meats (including bacon, salami etc.). Corned beef has nothing to do with corn but 'corned' is an old term used for the salting process. The beef is covered in layers of table salt and left to cook in it over time; this corned beef has huge amounts of salt in it.

Bottled oils

Bottled oils contain oxygen at the top of the bottle. The more it is used, the more oxygen. This causes even good oils (such as olive oil) to oxidise before it is even heated up (heating it increases oxidation). Oxidation causes inflammation in the body's organs. Inflammation is one of the biggest causes of disease (something ending in '-itis', such as tonsillitis).¹⁸

Large fish

Larger fish eat smaller fish and thus concentrate any pollutants found in sea animals. A tuna will contain very large concentrations of oceanic pollutants because it ate lots of smaller fish full of those contaminants. Thus you should never eat tuna.

The pollutants in fish are very dangerous because they contain mercury and heavy metals as well as organic pollutants. There have been people who thought they were eating good quality nutrition by being on a fish (piscatorial) diet. Over time they became sicker and sicker until they were hospitalised with paralysis. This was caused by the consumption of heavy metals, requiring a difficult process to detoxify.

Another form of pollution are POPs (persistent organic pollutants). These are chemicals that break down slowly in the environment. Legislation in 2004 caused a drop of such on land but not at sea. POPs in fish are now the largest source of contamination in humans.

¹⁸ Most diseases are an '-isis' or an '-osis'. That is, inflammation or a damaging process / condition. For example, thrombosis is the process of local coagulation or clotting of the blood in a part of the circulatory system. They are all caused by some agent that has poisoned the body.

In 2017 a nutritional study in San Diego State University revealed that eating fish causes reproductive, developmental, behavioural, neuronc, endocrine and immunology disorders.

By eating small fish you consume far smaller doses of any contaminants found in the sea. Thus good quality fish oil comes best from Krill¹⁹ oil, tiny creatures at the bottom of the food chain that eat phytoplankton near the surface water (the food of a Blue Whale). Krill oil also contains Omega 3 fatty acids.

Less obvious bad food

Table salt

Table salt is very bad for you, but natural salt is very good for you.

Table salt is sodium chloride and we know that the chloride is bad for us. It is highly processed, hence its pure white colour. To this is added aluminium as a flow agent to make it pour more easily. Aluminium is toxic. Furthermore, it has silica in it which scratches the blood vessels and damages them. These bad products are what makes common salt cause hypertension.

Genuine salt, such as Celtic Salt, is extracted from the oceans (sea salt) with nothing taken away; it is just dried. This natural salt is not just sodium but also contains a number of other very important trace minerals, such as magnesium and selenium. The sodium does restrict blood vessels but the other minerals dilate blood vessels, thus balancing the salt out and not causing hypertension. Since everyone is seriously deficient in minerals, Celtic Salt is a boost for the body.

There is also the pink Himalayan Salt, which is a type of sea salt found at the top of mountains. The trouble is that this has been bleached out by natural processes and is less effective than Celtic Salt and it has fewer minerals. Some brands of this extracted from lower down the mountain are of much poorer quality.

Polyunsaturated fats / margarine

The lie about polyunsaturated fats developed after the false scaremongering about saturated fat and meat following Ancel Keys' false claims.²⁰ This caused a massive change in social customs whereby people stopped eating healthy butter (one of the healthiest foods) and started eating what is essentially a type of plastic. This is because it is made with Hydrogenated fat (see later).

Natural polyunsaturated fat in plant and animal foods, such as salmon, nuts and seeds, is often good for you. It exists in nature as Omega-3 or Omega-6 fatty acids.²¹ But the polyunsaturated fat, butter-replacement spreads have been hydrogenated and made into bad fat (see next).

¹⁹ A small shrimp-like planktonic crustacean of the open seas. It is eaten by a number of larger animals, notably the baleen whales

²⁰ Keys [1904-2004] published his study 'The Biology of Human Starvation' in 1950 and his 'Seven Countries Study' in 1978 which hypothesised that replacing dietary fat with polyunsaturated fat reduced cardiovascular disease. This led to the lie about cholesterol. He said that full-fat milk and meat are bad while vegetable oils were great; the very opposite of the truth. It also led to the adoption of low-fat products replaced with High Fructose Corn Syrup products that cause disease. Later examinations of his data showed that he cherry-picked and presented fraudulent conclusions but the establishment (UN) supported his views.

²¹ Omega-3 is anti-inflammatory, Omega-6 tends to be pro-inflammatory; therefore, intake must be carefully balanced.

Polyunsaturated fat oxidises more easily than other fats, especially in excessive light and heat which turns it into harmful compounds, such as in the process of making a spread. So the claimed benefits of modern spreads is a lie, as was the demonisation of butter. Butter is good for you; processed spreads are bad for you. Vegetable oils are already prone to oxidation before any processing. When heated up in the process of making a spread the oxidation is increased and it turns into harmful compounds. So the claim that this spread is good for you because it is made from vegetable oil is meaningless because the process made it into bad fat.

Hydrogenated fat

This is formed when an unsaturated oil is bombarded with high pressure hydrogen. This is how vegetable oil is turned into solid margarine. The economic advantage is that these have a longer shelf life and they are cheap to produce.

Hydrogenated fats are found commonly in foods and especially in processed food, such as biscuits, peanut butter, crackers etc. They are also used in restaurants for deep-fat frying and cooking (e.g. French fries) because they stand up better to heat and can be reused longer.

Hydrogenated fat also contains trans-fatty acids (see transfats) but this is not usually described in labelling. Thus one should avoid all food that is hydrogenated or partially hydrogenated as well as deep-fried food. Claims that food is cooked with 'healthy' vegetable oil are meaningless if it is hydrogenated.

Transfats

Transfats (or trans-fatty acids) are one of the worst types of fat to eat, but they are commonly found in many food types. Most obvious would be deep fried food such as fish and chips or Southern fried chicken. This is the real fat that causes cancer. Transfat is also found in highly processed food and starchy snacks. Transfats have very little benefit to the body but the process is cheap. In fact, transfats have also been linked to: decreased testosterone, abnormal sperm production, obesity, immune system depression, diabetes and prostate disease. They may also interfere with the ability of cells to metabolise good fats (essential fatty acids like Omega-3) and damage the membranes of cell structures such as in the brain and nerve cells. This can lead to chronic, degenerative diseases ('the silent killer').

Soya milk

This is bad because most soya in the world is genetically modified.

Soy proteins

I.e. protein powder, tempeh, tofu, edamame – are difficult to digest, are thyroid suppressive and are estrogenic. They also contain high levels of phytic acid that causes less assimilation of nutrients. Soy proteins also cause hormone disruptions. Meat substitutes are often highly processed soya products.

Soy is very difficult to digest and has a very high inflammation response. The cultures that use soy and appear to be healthy (e.g. SE Asia, Japan) don't eat soy as it is; they culture it by fermentation which breaks it down. Soy also causes a number of allergies. Most soy is GMO.

Almond milk

This is really a chemical cocktail with flavouring.

Food considered to be healthy but is not

Metabolic syndrome is the cause of over 90% of diseases, which causes heart disease, diabetes, obesity, insulin resistance, liver disease and more. This is a direct effect of not eating healthy food.

Wholemeal / wholegrain bread / white bread / wheat

The way bread is made changed after the 1950s and this is what led to gluten allergies. Those who have a gluten sensitivity need to avoid bread. But even good bread has a number of issues; these include: being highly inflammatory and having a high glycemic index.²² Bread also has 2.5% sugar and a high tendency to causing allergies.

Breakfast cereal

Generally have a high glycemic index, high insulin response effect, 16% sugar, and medium effect on inflammation. However, many cereal products are GMO and contain Glyphosate and other toxins, especially oats and corn products.

Oats are very healthy naturally, but modern processing has made them toxic. If you must eat oats get organic, steel cut (not crushed) products. Still has a high glycemic index and is a medium cause of inflammation.

Corn

Is a grain not a vegetable.

Quite high glycemic index with a medium to high effect on insulin response. Medium inflammation effect but a big cause of allergies.

Semi-skimmed milk

Organic, full-fat, un-pasteurised milk does have very significant nutritional benefits; ordinary milk does not.

First the fat content with all the goodness is removed. Second the pasteurisation process of high heat destroys any remaining benefits. Third, if the milk is not organic, it will contain all the chemicals, antibiotics and hormones fed to the cow that produced it.

Medium insulin response, medium glycemic index and high inflammation response and allergies.

Fruit

Modest amounts of organic fruit are helpful. The problem with fruit is fructose, a type of sugar. Too much fruit will do all the damage that sugar does to the body. Fruit should be treated as a luxury taken occasionally. In the past, fruit was seasonal and not eaten all year round. Today, with supply chains going round the world, tropical fruit is available in winter; thus the temptation to have too much fruit.

Insulin response is medium to high, glycemic index is quite high, fructose is 4-8%. A few fruits, such as pineapple or grapefruit, can cause problems in some people.

Fruit is also susceptible to pollution.

The Pesticide Action Network has found 122 different pesticides on the 12 most polluted fruit. 81% are classified as highly hazardous by the UN. The top toxic items are oranges and grapes. These contain a 'cocktail of pesticides'. 47 of the pesticides have links to cancer while

²² How quickly your blood glucose rises after eating food.

15 damage fertility. 17 impair the respiratory system and cause cognitive disorder. Bacteria can also get into fruit and veg from irrigation water, bird droppings, and other animal deposits. In 2011 there was a major E-coli outbreak caused by toxic soil on leeks and potatoes.

Washing fruit gets rid of the fungicides put on them while in transit to prevent spoiling, but does nothing to remove pesticides inside the fruit. The only option is to buy organic produce, and still wash before use.

Red wine

Despite some minor benefits (e.g. Resveratrol, but very little), alcohol is very bad for the liver whether it is beer or wine. Occasional drinks for relaxation are fine but excessive drinking is dangerous. It is not a health food.

Egg whites

Organic eggs are very healthy indeed, providing many vitamins and minerals. But many people ditch the healthy part, the yolk, and eat the white alone. This is a bad idea.

There is very little benefit in the white but there is a high risk of allergies. We are taking an egg and using 5 sixths to turn into sugar.

Vegetable oils (soy, corn, sunflower, canola, rape)

Universally recommended, but as I have already explained, there are problems of oxidation.

This is a highly inflammatory product due to the Omega 6 content, especially when brought to a high heat. Some people are sensitive to allergies caused by these. Most of them are GMO. Hydrogenated products (see earlier) are even worse.

Natural foods to be avoided

There are plenty of natural toxins in fruit and vegetables that need to be identified so that the correct preparation is made.

- Apple seeds: these contain Amygdalin, which is broken down in digestion into cyanide. However, you would have to eat lots of seeds to be badly affected.
- Rhubarb: the leaves contain high levels of oxalic acid, which can lead to kidney failure.
- Elderberry: ripe cooked berries are fine but the rest of the tree (roots, leaves, twigs, seeds, bark) contains hydrocyanic acid, which causes nausea, vomiting and severe diarrhoea.
- Red kidney beans: contain the protein lectin, which causes abdominal pain, nausea and diarrhoea. This is avoided if cooked (boiled) properly.
- Castor oil seeds: the poison ricin is made from crushing these seeds. This is avoided if cooked properly.
- Lychees: these are dangerous if eaten raw, green or unripe.
- Nutmeg: too much of this can be fatal since it contains myristicin, a cytotoxin (i.e. causes the cells to destroy themselves) resulting in multiple organ failures.
- Green potatoes: these contain the nerve toxin solanine. This is also found in the sprouts on potatoes.
- Cashew nuts: these have to be heat treated to remove the poison urushiol. Do not eat raw cashews straight from the tree.

Food that is good for you

This is a concise summary of just a few items.

- All raw organic vegetables and fruit. However, restrict the amount of fruit you eat due to high levels of fructose (sugar). Thus salads of all types and raw vegetables that you can chew easily.
- Vegetables that are brightly coloured are especially full of flavonoids, which are high in antioxidants, such as red and yellow peppers, chillies, and tomatoes.
- Carrots contain the orange pigment carotene, which is a rich source of vitamin A.
- Celtic salt.
- Good quality, local, organic meat. Red meat is not bad for you; indeed the saturated fat in it is vital to processing certain vitamins that cannot be processed otherwise. However, one must have a balanced diet and not too much of anything.
- Organic eggs.
- Nuts for various minerals.
- Organic full-fat milk.
- Good quality organic cheese.
- Turmeric (containing Curcumin) is exceptionally good for you and helps prevent cancer.
- Various herbs and spices have medicinal functions.
- Fermented foods, such as natural organic yoghurt, kimchi, kefir or sauerkraut.

This is just a small sample as a pointer. Note that some people are ill-disposed to dairy while some are allergic to nuts. This needs to be investigated personally.

What is important is to find the right kind of food for you. Everybody is different. Never follow some kind of modern diet that forces you into a regime devised by someone; you may be intolerant to that. Some foods that are healthy to most people are not good for others. Some have allergies, e.g. to nuts or milk, despite them being good foods. Some with certain diseases need to go their own way. For example; kidney patients need high levels of carbohydrates, but normal people need less.

mRNA

Bill Gates is heavily invested in getting mRNA technology into the world's population for the Transhumanism goals. He has done this chiefly through funding the various mRNA vaccine companies and NGOs (e.g. GAVI, CEPI). Since the take up was much lower than expected, he also invested in spraying mRNA compounds in chemtrails (see earlier). However, he is now adding mRNA to the food supply. Tainted food products will 'vaccinate' you through the process of eating. Some pet foods already contain mRNA.

Livestock is gradually being filled with multiple mRNA vaccines; pigs are already being inoculated with Swine Flu mRNA vaccines. These have not been rigorously tested for safety (just as the Covid vaccines were never properly safety tested). In fact when initial mRNA vaccines were tested on rats they all died and multiple papers have warned that they are dangerous. Despite this there is a huge industry developing large numbers of mRNA vaccines for people and animals. The mRNA injected into livestock will end up being eaten by humans and transmitted to the human blood supply causing harm.

Fake meat

This is now being heavily pushed by the global Elite, especially Bill Gates. Based upon the lies about climate change alarmism, livestock is being demonised due to animal flatulence and methane emissions, so laboratory, synthetic meat is declared to be a safe alternative to stop the world boiling (try not to laugh). About 15% of 'human-made' greenhouse gas emissions come from livestock, but human CO₂ emissions do not cause global warming at

all. In fact, it is proved (by soil and ice-core samples) that CO₂ increases follow global temperature rises, not the other way round.

In fact, cattle and sheep are of great environmental benefit in numerous ways²³ while there are no scientific studies proving that greenhouse gases cause significant global warming due to the saturation effect in the atmosphere.

Worse, in order to grow synthetic meat in petri dishes, technicians first require stem cells taken from young livestock (calves) or chicken eggs. Immortalised cells (cells that can duplicate indefinitely) are prone to cause cancer. It is likely that vital micronutrients, such as iron, will be absent from cultured meat. Antibiotics and chemicals will also be required to prevent infection. In addition, the cost of this production is very high.

There are no safety studies proving that synthetic meat is safe for human consumption, but some pet food is already being marketed from fake meat, with a projected future roll-out to people. Britain has become the first European country to approve the sale of artificial meat for pet food with the clearance granted to the London company Meatly.

Resources

- Videos by Clive de Carle.
- Videos by Dr Sten Ekberg.
- Videos by Dr Eric Berg.
- Videos by Dr Sam Bailey.
- Papers by Dr Joseph Mercola.
- Joel Wallach, book and audiotape: *Dead doctors don't lie*.
- Mary Jones, book: *Herbal antibiotics*.
- John Yudkin, book: *Pure, White and Deadly*. [Sugar.]
- Robert Lustig, video: *Sugar: the bitter truth*.
- True Health Initiative, paper: 'Ancel Keys and the Seven Countries Study: an evidence-based response to revisionist histories' (2017).
- Video presentation by Dr Chris Knobbe. Cure AMD Foundation.
- Video, YouTube, Dr Paul Saladino, *Controversial thoughts*, 'Why the ancient Egyptians got fat and sick'. [Clue: seed oils.]
- Weston A Price, book: *Nutrition and Physical Degeneration*.
- The Expose, Rhoda Wilson, 'Fake meat is being introduced into the UK as pet food; they hope to expand the market to humans', 19 July 2024.

Your environment is toxic

This covers a wide range of issues covering things inside and outside the home.

Toxic environmental issues in the home

This would require a very long list to cover all the factors.

Potential indoor air toxins:

- Building materials: chemical emissions.

²³ They create the landscape that is beloved; rolling green hills etc., by eating the grasses and sedges that would proliferate otherwise. They provide huge amounts of highly nutritious food from just eating grass. Their urine and faeces provide a natural fertiliser for fields. Leather from their skin is a vital component of clothing and other articles.

- Carpeting: can harbour moulds and dust mites.
- Flooring: some engineered floor products use formaldehyde-based resins.
- Household cleaners and chemicals: cleaning products can contain toxic substances.
- Damp: can precipitate the release of toxic substances into air from mold, mildew, and other pollutants.
- Pets and other animals: can increase exposure to allergens.
- Tobacco smoke.
- Faulty ventilation, heating, or air conditioning equipment.

Many of the materials above emit volatile organic compounds (VOCs), which are toxic gases.

Cleaning products

These are filled with a variety of caustic chemicals that not only harm the skin and eyes but are also dangerous when inhaled.

I tried a new popular floor-cleaning pad that attaches to a handle. The solution on the pad was sufficient to burn my hand and leave a rash. Whatever the solution is, the constituents are highly caustic and dangerous.

The full effects of antibacterial cleaning products are not understood, but they are certainly contributing to the over-exposure of antibiotics. It is not necessary to clean surfaces with products that contain masses of chemicals and suspicious active ingredients. Natural products clean just as well, such as white wine vinegar, lemon juice or even soap and water. Hot water on its own can cope with most things.

Hand sanitisers

These vary in what solutions are used but most contain ethanol or similar alcohol spirits. These dry out the skin and repeated use can cause severe damage to the skin or even cancer. It is applying a toxic solution to your body over and over. Furthermore, 4% of solutions applied to the skin get absorbed into the body's systems. This can be a threat to people with certain medical conditions and especially people with allergies.

Beauty and personal hygiene products

- Deodorants: Many popular natural deodorants are crystal deodorant sprays. These crystal deodorant products contain aluminium. The crystal deodorant stones are made from alum, usually potassium aluminium sulphate. Aluminium is linked to Alzheimer's disease as it is a neurotoxin. This heavy metal has also been linked to cancer. If you use antiperspirants or some deodorants, you are probably exposing yourself to aluminium. Aluminium salts can account for 25% of the volume of an antiperspirant.
- Soap: Triclosan is an antibacterial chemical which is found in products such as soap, deodorants, antiperspirants and toothpaste. Triclosan can alter hormone regulation and bacteria exposed to triclosan can become resistant to antibiotics.

Synthetic fibres in carpets

The problems here depend upon exactly what fibres are being used. Natural woven products, once common such as cotton or wool, are now rejected due to cost or wear problems and are replaced with synthetic fibres. These fibres can erupt into the air due to wear and be breathed into the lungs where they cause damage.

Fire (flame) retardants

These products do very little good (despite the claims otherwise) but they contain highly toxic chemicals which are a great risk, particularly to young children. The products do not

easily break down and can remain in the environment for years. They also bio-accumulate (build-up) in people over time.

Types of chemicals:

- There are hundreds of specific types.
- One group is brominated flame-retardants.
- Another group is organophosphorus flame-retardants.

These chemicals are used on a variety of household items including:

- Furnishings: foam, upholstery, mattresses, carpets, curtains and blinds.
- Electronics and electrical devices: computers, laptops, telephones, televisions, appliances, cables.
- Construction materials: cables, insulation materials.
- Transportation products: seats, seat covers, bumpers etc, in cars, aeroplanes and trains.

They are spread in these ways:

- The chemicals get into the air, water and soil during manufacture.
- Chemical leak from products into the air.
- This dust can get into food or on to the skin or breathed in.
- Through burning and electric waste.

Medical effects include:

- Endocrine problems.
- Thyroid disruption.
- Cancer.
- Adverse effects of foetal development,
- Neurological damage.

Blue light

Blue light from the sun is natural and not detrimental to humans. The problem is the light emitted from LEDs and device screens instead of the pinkish light emitted from traditional lightbulbs.

This type of low-level radiation is known to cause harm to the body, especially the eyes and can even cause blindness due to over-exposure. But it can also cause back pain, headaches, neck and shoulder pain, and migraines. It disrupts the circadian rhythm²⁴ by inhibiting the production of melatonin, thus ruining sleep patterns.

EMF radiation

This is microwave technology used in Wi-Fi, Bluetooth, mobile 'phones, computer screens, computer tablets and wireless connectivity (routers etc.).

It is now proven, in thousands of scientific papers, that the radiation from mobile 'phones causes cancer and brain glioma. It also allows toxins to pass through the blood-brain barrier, damages ovaries, causes nerve damage, damages the cell mitochondria, and causes hundreds more afflictions.

No one really knows the amount of damage being done by the large number of appliances using EMF radiation in the home.

²⁴ Recurring naturally on a twenty-four-hour cycle, even in the absence of light fluctuations.

The dangers of microwave radiation have been known since the mid-1930s. In 1976 46 national governments (including Britain) followed the lead of the US government and decided to lie to the public about safety issues. This was specifically to prevent telecommunication industry profits from collapsing and also the use of this technology as military weapons, which pose numerous dangers to military personnel. This includes passive defence systems, such as radar, or offensive microwave weapons, which have been in use since the Cold War.

In addition false safety standards were issued based on the danger of a 'phone if warmth is felt on the skin after six-minutes. This ignores the hidden danger to internal organs which have no sensitivity cells to indicate warmth. An infant using a mobile 'phone for just two minutes results in damaged brain function lasting two hours.

Knowing this data, telecommunications firms state in the small print in the terms and conditions of a 'phone contract, that using a mobile 'phone can cause harm and that you willingly deny any liability for harm caused to the 'phone company.

SMART meters

This is currently being pushed by the electricity suppliers, but such meters will be eventually applied to other appliances in the planned 'Internet of Things' (Smart meters on everything).

Like other EMF devices many studies and empirical evidence show that these have a damaging effect to all life forms. They damage the individual cells. You can find picture / video evidence of a Smart meter on a house wall that has killed all the plant life in a certain radius, including bark death on trees. This radiation causes cell death.

5G

Birds aren't stupid. All over the world people have filmed flocks of birds mobbing 5G aerial towers because they know it is a threat. In certain places, like Belgium, testing of 5G towers at a certain wattage killed all the birds in a certain area; they just dropped dead out of the sky. At the extremities, birds were dipping their heads in streams to relieve the pain in their brain. This is the power of this level of EMF radiation.

5G is the next generation of wireless connectivity that powers mobile 'phones and other SMART devices. It is hundreds of times more powerful than 4G, which is itself dangerous. This level of frequency was originally developed as a military weapon by the US. In fact high frequency microwaves have been used in crowd control for many years in the UK; it was used against the women protestors at Greenham Common for example. The radiation was able, from a great distance, to make people have headaches, feel dizzy and vomit.

5G cell towers expose people to a wider variety of RF radiation frequencies than previous generations. They emit higher 5G microwave frequencies (between 24 GHz to 300 GHz) but also emit many of the lower 2G, 3G and 4G frequencies as well (between 1 GHz to 6 GHz). The smaller millimetre waves of 5G have been shown to cause harm to the skin, eyes, immune system and bacterial antibiotic resistance. Certain common 5G frequencies (e.g. 60 GHz) can absorb oxygen and interfere with oxygen absorption in the lungs.

This frequency has the power, if sufficient wattage, to cause the water in all human cells to vibrate and heat up, thus killing the cells, causing illness and death. For no apparent reason, the aerials have the power to perform at this extreme wattage as a result of the large super-capacitors placed inside the aerial. I have seen these with my own eyes. No reason has been given as to why such large super-capacitors are there if they are just to power mobile 'phones.

During lockdowns, 5G masts have been erected all over the country, particularly in schools and hospitals where they have caused Covid-like symptoms.²⁵ No one was informed and no consultation took place. This is illegal.

When switched on universally, there will be no escape from 5G radiation. It will fill your home. Even at low wattage it will (and already has in test areas like Gateshead) caused headaches, flu-like symptoms and nosebleeds. At higher wattage it can kill. Yet these 5G masts have already been erected.

Toxic environmental issues outside the home

Transport pollution

This chiefly leads to the dissemination of particulates of various sorts, notably in diesel fuel burning. Many of these cause cancer and other diseases.

Electric vehicles are actually worse than petrol cars. The heavy batteries cause vastly increased release of particulates from brake pads and tyres. The mining necessary to make the batteries is highly damaging to the environment and kills many of the child slave workers involved. Sulphuric acid is created in the process of cobalt mining, ruining the land for hundreds of years and poisoning water supplies.. Lithium mining is also a problem. The heavy cars also seriously damage bridges and multi-storey car parks, to say nothing of exploding. EVs are an environmental disaster.

Pollution from roads

Coal-tar based sealants contain polycyclic aromatic hydrocarbons (PAHs) that are 1,000 times more toxic than similar products. These contaminate waterways endangering humans and wildlife.²⁶

Stormwater runoff creates a toxic sludge that can kill fish.

In America, gas and wastewater used to de-ice roads contained radioactive radium, barium and ammonium 50 times greater than allowed by the US Environment Protection Agency.

Agricultural pollution

The classic example of this was the widespread use of DDT, which not only killed insects but severely injured people close to the spraying. This is what led to seasonal neurological disorders like polio. Other chemical farm products caused multiple other disorders. Today Glyphosate (Round Up) is still causing cancer despite many court cases; yet it is being poured in high concentrations over farmed food products.

Industrial pollution

There is a wide range of this where pollutants poison the air, ground and water.

Fracking

Fracking has been proved to be extremely hazardous. It not only causes localised earthquakes, but the process forces highly toxic wastewater into the water table, poisoning water supplies, as well as ruining the ground over a wide area. The whole business is a fraud since it costs more to extract gas than it can make in profits. Worse still, wherever it has been done it has caused major medical damage, including cancer, to local people through water and air contamination. See the effects in Queensland.

²⁵ The damage to the water in cells eventually leads to hypoxia after headaches, sleeplessness, skin rashes and flu-like symptoms.

²⁶ Mercola, 'Toxic roads are paving the way to trouble', 18 July 2024.

Tetra aerials

These large aerials, used for radio transmission, such as by the police and other departments, are proved to have caused cancer to people living in the vicinity. In one case a mast erected at the top of a residential block of flats caused cancer in all the people in the upper floors. The problem receded when the mast was taken down after a court case.

I know people that react to the signals collected by such antennae. When passing by they shout in pain, being sensitive to those particular radio waves. Shockingly, many of these (and 5G aerials) are being erected in schools.

Resources

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- Videos by Mark Steele (electrical engineer).
- *5G, A film by Sacha Stone*, New Earth Media, available on Bitchute.
- *Material by Claire Edwards* (former UN staff editor). Note her questioning of the UN Secretary General in Vienna. See also interview with Tim Lynch, greenplanetfm.

Your clothes are toxic

Modern clothing is toxic in many ways.

- There is the problem of allergenic materials like latex, Lycra, spandex.
- The clothing industry is one of the most polluting industries on the planet so that textiles may be laced with irritants and disease-causing chemicals. 25% of the chemicals produced in the world are used in the textile industry.
- Microfibre clothing releases tiny pieces of microfibre plastic every time it is washed.

Textile manufacture, mostly centred in developing world countries, is polluting rivers and seas. The clothing industry is the, '*second largest polluter in the world ... second only to oil*'. [Clothing designer Eileen Fisher.]

Contamination with chemicals during manufacture

- Azo-aniline dyes, which cause skin reactions.
- Formaldehyde resins are used to reduce wrinkling and mildew. This is a known carcinogen but is also linked to eczema and rashes.
- Nonylphenol ethoxylate (NPE) is an endocrine disrupter. When washed, this is passed into the water supply which cannot be removed by filters.
- Glyphosate. A herbicide used in growing cotton. It causes cancer. Cotton crops use 24% of all insecticides and 11% of all pesticides globally.
- Chlorine bleach. Used in whitening and stain removal but may cause asthma and respiratory problems. It is used in fibre and cotton processing, including denim.
- VOCs. Volatile organic compounds are solvents used for printing that off-gas from clothes posing risks such as developmental and reproductive damage, liver problems and cancer.
- PFCs. Perfluorinated compounds used in uniforms and outdoor clothing to create stain-repellent and water-resistant fabrics but are carcinogenic.
- Brominated flame-retardants. These are neurotoxic endocrine disrupters that also cause cancer.
- Ammonia. Used to provide shrink resistance. It can be absorbed into the lungs and cause burning in the eyes, nose or throat.
- Heavy metals. Lead, cadmium, chromium and more. Used in leather tanning and dyeing. They are highly toxic and cause cancer.
- Phthalates. Used in printing inks and other processes, but are endocrine disrupters.

The toxic effect of fashionable diets

Veganism

This is the prime example of a dangerous diet. Vegans even have a lower sperm count and mobility.

A Vegan diet may be of some use in detoxification for a short period, but long-term it is a dangerous process. Vegans avoid all animal products, not just meat. They avoid dairy, eggs, butter, fish and even honey and rely on vegetables, nuts and seeds to get their nutrition. This means that they find it difficult to get sufficient protein or carbohydrates (conversely too much carbohydrate if they consume a lot of legumes). Vegetable protein is 15 times lower in efficiency than good quality animal protein. Eventually the liver cannot respond to the thyroid. Liver detoxification requires sufficient high quality protein.

The real problem is that they are all deficient in certain vitamins and minerals which require animal saturated fats to be processed in the body. For example, plant foods don't contain real vitamin A (retinol, vital for thyroid function) but only the precursors that require conversion. Vegans risk anaemia due to a lack of haem iron. Vegans risk Vitamin B12 deficiency (only available in animal foods). Vegans risk low absorption of zinc.

Plant-based diets also decrease digestive juices. Animal protein stimulates HCL (hydrochloric acid) in the stomach vital for digestion. Legume protein sources also lead to leaky gut syndrome. [Legumes have high levels of anti-nutrients such as lectins and phytates.]

Vegetables also contain toxins. While fruit contains fructose to entice animals to eat the fruit and spread the seeds, vegetables contain anti-nutrient toxins like oxalates to stop animals eating the root and stems. Even so-called vegetable superfoods contain toxins harmful to the body that do not get fully removed by cooking.

- Oxalates in leafy green vegetables, tea, nuts, beets, can bind to calcium and prevent it from being absorbed.
- Phytates (phytic acid) in whole grains, seeds, legumes and some nuts can decrease the absorption of iron, zinc, magnesium and calcium.
- Glucosinolates and goitrogens in cruciferous vegetables like broccoli, sprouts, cabbage, kale, can prevent the absorption of iodine which interferes with thyroid function.
- Lectins in legumes (beans, peanuts, soybeans) and whole grains can interfere with the absorption of calcium, iron, phosphate and zinc.
- Saponins in legumes and whole grains can interfere with normal nutrient absorption.
- Tanins in tea, coffee, legumes can decrease iron absorption.

Some of these toxins are removed by soaking and boiling, but not all. We do not know how much harm is caused to the body by these as individuals and circumstances (e.g. method of cooking) differ so much.

Studies have shown that that iron stores and blood zinc levels in vegetarians are typically below those of omnivores.

Vegans eat a lot of nuts. While these are generally good, they are very hard to break down, especially with low stomach acid. They are also high in polyunsaturated fats, contain enzyme inhibitors and include phytic acid that blocks absorption of minerals.

The net result of this is that over a long period they become more and more sick. I, and others, have lost count of the cases we have heard of Vegans getting to the point of collapse and then eating meat and completely recovering in days. I had an organic butcher friend who constantly told me of another Vegan that had given up and started eating meat again out of necessity.

Today Veganism is highly popular. It has been marketed by the elite as a righteous thing to do and it is also part of their climate change programme which requires people to stop eating meat because global warming is partly blamed on cattle emissions.

It is just another deception foisted on susceptible people to weaken and damage them. A nation of Vegans will never rebel.

The low fat diet

I have already explained the problems with the false claim that saturated fats cause heart disease; but this is what drove the low-fat fashion. The result was the worst kind of food possible: processed food that was filled with sugar, mostly High Fructose Corn Syrup, and this is what really causes serious illness.

Our ancestors ate plenty of saturated fat and were extremely healthy. Many nations still eat lots of fat and are very healthy. Inuits traditionally ate mostly seal fat and were extremely healthy.

A diet low in fat threatens various vitamins in the body, such as B1 (thiamin); a deficiency of this causes Beri Beri.

A diet low in fat also threatens the brain, which is made up of saturated fat and cholesterol. It needs good fats.

Anything labelled 'low fat' is toxic.

Resources

- Butter Nutrition, article: '*10 Vegan diet dangers*', 16 September 2013.
- Clean Eating, article: '*Eight potential Vegan diet dangers*', 9 August 2020.

The toxic assault of pharmaceutical medicines

This is a huge subject that could occupy many books. I will only mention some obvious issues but the analysis is complex.

Have drugs improved certain medical conditions? Certainly; many people have been helped by pharmaceutical drugs. Have people been damaged by drugs? Certainly; many people have been killed and injured by pharmaceutical drugs. Out of the 783,936 annual deaths from conventional medicine mistakes, 106,000 are the result of prescription drugs.²⁷ 290 people in the USA alone are killed by prescription drugs every day.²⁸ Data from the CDC show that more people die from legally prescribed drugs than from heroin and cocaine combined.²⁹

The problem today is the lack of choice and the demonisation of naturopaths. When you see your doctor, trained in the allopathic system devised by Rockefeller to make profits from oil derivatives (see next), he will give you a pill and not consider many other avenues of health. This is the problem. Modern doctors treat the symptoms and have no time to discover the source of the symptoms on most occasions.

Then there is the problem that Big Pharma does not want to see a massive tide of people getting well and needing no drugs; they would go out of business. They want people to be sick enough to take drugs for forty years. Thus treatments that already exist that claim to cure cancer, for example, are demonised, isolated, outlawed and the manufacturers put in jail. David Noakes and his innocent nurse were recently fined and jailed for successfully treating cancer patients with GCMaff. Even the judge that convicted him agreed that he had cured cancer for many people (and treated the poor for free). This is how tightly sewn up the Rockefeller allopathic industry has controlled medicine by gaining control of medical education, medical schools and medical regulators, as well as governments.

People should have available choice. There are about 20 natural cures for cancer that have proved to be effective for over 120 years. In every instance these have been shut down and people have been prevented from accessing them. In some cases doctors have been killed. German doctor Leonard Coldwell (who has a 95% success rate in curing cancer while oncology has a 3% success rate) has had seven assassination attempts on his life.

There are multiple other problems with the allopathic Big Pharma industry. Without discussion, I will list these as:

²⁷ Dr G Null, 'Death by medicine'.

²⁸ JAMA, B Starfield, Vol 284, No 4, (2000).

²⁹ New American, Raven Clabough, 'CDC: prescription drugs kill more than illegal drugs; teens at high risk', 19 October 2015.

- The use of illegal methods: bribery, blackmail, racketeering, false studies and much more. This has resulted in many fines of billions of dollars.
- Bribing GPs to take up certain drugs.
- Pushing out drugs that have not been properly tested. The most famous example is Thalidomide.
- Producing drugs that maim people.
- Producing drugs that kill people, such as Vioxx.
- Producing drugs that claim to fix a false problem (e.g. cholesterol needs to be lowered³⁰) but create new problems. Statins are a good example of this.³¹ [See next.]
- Producing biased and fabricated medical studies to support a new drug or process. Medical journals have been completely taken over by Big Pharma, as even the BMJ admitted.³²
- Developing new syndromes to manufacture a disease in order to sell more drugs. ADHD³³ to sell Ritalin is one example; or AIDS to sell AZT.
- Creating addictions to prescription drugs. In America a high cause of death is overdose of opioids.

Penalties imposed by courts

There have been many fines imposed on drug companies as a result of litigation, especially in America. Just a few examples of this include:

- In 2013 Johnson and Johnson was fined \$2.2 billion for off-label promotion and bribery.
- In 2004 Pfizer agreed to pay \$430 million to settle charges alleging bribery of doctors and health-care officials to gain regulatory approval for drugs. In 2009 it was fined \$2.3 billion for off-label promotion and bribery.
- GSK (GlaxoSmithKilne) was convicted of the largest human healthcare fraud case, which resulted in 2012 in a \$3 billion settlement. It failed to disclose safety data; it paid bribes to doctors; it made false statements about the safety of Avandia.
- GSK targeted the antidepressant Paxil to patients under 18 when it was approved only for adults.
- In 2010 GSK was fined \$750 million for poor manufacturing practices.
- In 2003 AstraZeneca was fined \$355 million for Medicare fraud. In 2010 it was fined \$520 million for off-label promotion and bribery.

People need choice

People should have the knowledge and the choice. If you have a headache then you should be free to take an aspirin or a paracetamol, but you should also be told that there are natural ways to treat headaches and that drugs have bad side effects (aspirin causes stomach/intestinal bleeding; paracetamol causes liver damage). Furthermore, continual headaches should result in finding the underlying cause and not prescribing higher doses of analgesics.

³⁰ Cholesterol is vital and there is no bad cholesterol. It repairs cells. In the USA 75% of people who died of heart attack had very low cholesterol.

³¹ Statins cause fatigue, muscle damage, liver damage and many other problems.

³² The former editor of the BMJ wrote an article in the BMJ stating that the default position should now be to distrust every new peer reviewed paper. Two reasons for this are: 1) Big Pharma controls the medical journals and uses them to promote its treatments, often by false statements. 2) China has decreed that doctors can only be promoted if they are published. This has led to many fabricated, plagiarised, false papers to boost a career.

³³ Attention Deficit Hyperactivity Disorder.

The problem with allopathic medicine is that drugs are the avenue of choice to make profits for Big Pharma, when there are many natural cures that are better. For example: I saw a man who had taken very high doses of analgesics, including Tramadol, for severe back pain for decades. Over time the analgesics did not work but they did do a lot of damage to his body. However, a naturopathic doctor arranged a chiropractor and in a two-hour session of spine manipulation the man's pain disappeared completely. Another woman's back pain disappeared after performing exercises suggested by a Chinese martial arts teacher.

A key problem with drugs is that the side effects can be so bad that they themselves require treatment. This is usually in the form of more drugs. Every drug takes its toll and many drugs end up doing the body a lot of harm. Doctors do not really know the bio-chemical effects of multiple drugs in the body, or their interactive chemical reactions. What we do know is that some drugs, such as antibiotics have been over-prescribed and are now becoming ineffective. This alone shows the willy-nilly attitude of doctors to over-prescribing.

Some side effects

Listing the terrible side effects of drugs and vaccinations would be a book in itself; but I will list a few known to me.

- Clive de Carle (a naturopath) was given a treatment of antibiotics in hospital 35 years ago. It gave him type-1 diabetes requiring insulin shots and arthritis. His condition got worse and worse and doctors suggested amputating his feet. At this point he got his wife to wheel him out of a high dependency unit and he healed himself at home but was stuck with diabetes.
- When my own young son was sick with a stomach bug we took him to a doctor in Bristol. He prescribed a certain medicine. My son stopped vomiting but he suddenly developed narcolepsy. He would fall asleep suddenly anywhere at any time. We cut short our vacation and went home. He got worse. We took him to our own doctor who was shocked on seeing the medication. He said it was the strongest sedative available that should never be given to children. This sort of mistake happens often in surgeries.
- I have very high blood pressure. One doctor gave me a certain type of pill which gave me phantom heart attacks. Once while walking through Winchester high street I had a sudden pain in my chest that threw me to the ground. In time I realised that it was the drug. I stopped taking the pill and the effects stopped.
- A friend of mine was prescribed the drug Atenolol for high blood pressure. I warned her that this drug was dangerous and killed many people in America. She wouldn't listen to me. She died sometime later, despite being otherwise fit.
- Vernon Coleman tells the story of his predecessor GP who had misunderstood the hypertension protocol. This is that the normal blood pressure is 120/80 (systolic/diastolic)³⁴ and medication is required if the diastolic is over 80. He thought that it meant the systolic is over 80 and he had prescribed medication unnecessarily for hundreds of patients. Coleman took these people off the medication, which was causing them dizzy spells.
- My mother was in hospital with heart problems. I told the doctors not to give her statins. They gave her statins. Fortunately, as she was in intensive care, her bloods were constantly monitored. Mom developed liver damage within 24-hours. They were forced to stop the statins. It is common that doctors will not listen to the advice of relatives

³⁴ Systolic is blood pressure under stress; the phase of the heartbeat when the heart muscle contracts and pumps blood from the chambers into the arteries. Diastolic is blood pressure at rest; the phase of the heartbeat when the heart muscle relaxes and allows the chambers to fill with blood.

that know a patient's medical history better than they do. In law, children have power of attorney over a mother that is incapacitated by illness.

Prescription drugs that had to be removed

Over and over again doctors have been cajoled by Big Pharma to prescribe drugs that were not properly tested (it is happening right now with the Covid vaccines). These drugs went on to kill and maim thousands of people until the sheer numbers damaged caused a recall. In some cases Pharma companies were fined billions. Just a few of these include:

- **Thalidomide.** A drug formerly used as a sedative and as a remedy for morning sickness in pregnant women. It was withdrawn in the UK in the early 1960s after it was found to cause congenital malformation or absence of limbs in children whose mothers took the drug during early pregnancy. Many thousands of children were born deformed and died early.
- **Vioxx.** In 2004 a study showed that patients taking Vioxx had a 50% higher risk of having a heart attack than those taking another popular anti-inflammatory drug. Merck finally succumbed to public pressure and withdrew their anti-inflammatory drug from the market in September 2004. Vioxx was only removed from the market after it had killed 60,000 people.
- **Avandia.** This is a diabetes drug, marketed in 1999 and approved by the FDA, that was withdrawn due to serious side effects in 2010 after 60 million prescriptions. Side effects included increased cardiovascular risk and death plus liver disease. It was only withdrawn after legal claims.
- **Fen-Phen.** Two separate drugs combined for weight loss (Fenfluramine and Phentermine) used after 1992. A million Americans used it. Hundreds of people developed heart abnormalities and in 1997 it was banned. 50,000 lawsuits followed for injuries sustained.
- **The polio vaccine.** For decades this was given to all teenage schoolchildren. It was eventually cancelled as dangerous when people began to die. Polio vaccine campaigns passed on monkey cancer to recipients. In fact, polio vaccines have recently created polio epidemics in India and Africa (this is now accepted as fact by medical authorities).

Wikipedia has a list of 179 withdrawn drugs going back to the 1960s.

Wrong use of drugs

- Each year approximately 2.2 million US hospital patients experience adverse drug reactions to prescribed drugs.³⁵
- In 1995, Dr. Richard Besser of the federal Centres for Disease Control and Prevention (CDC) estimated the number of unnecessary antibiotics prescribed annually for viral infections to be 20 million. In 2003 Besser spoke in terms of tens of millions of unnecessary antibiotics prescribed annually.³⁶
- Over prescription of highly addictive opioids has led to thousands of people hooked on painkillers that have led to famous deaths (such as rock star Prince). According to the CDC opioids were involved in 49,860 deaths in the US in 2019 (70.6% of all drug overdose deaths), an increase from 47,600 in 2017. These deaths were unnecessary if doctors had focused on health and causality.

³⁵ Lazarou J, Pomeranz BH, Corey PN. Incidence of adverse drug reactions in hospitalised patients: a meta-analysis of prospective studies. *JAMA* . 1998 Apr 15;279(15):1200-5.

³⁶ Rabin R. Caution, *Newsday*. 18 September 2003. Centres for Disease Control and Prevention: CDC antimicrobial resistance and antibiotic resistance—general information. <http://www.cdc.gov/drugresistance/community/>.

- Each year in the US 330,000 patients die from prescription drugs. They cause 6.6 million hospitalisations annually plus 80 million minor problems such as pain, discomfort and dysfunction.³⁷
- The US medical system kills 225,000 people every year. 106,000 as a result of FDA approved drugs and 119,000 from mistreatment and error in hospitals.³⁸
- In 2011 prescription drugs were associated with 2-4 million people in the US experiencing serious disabling or fatal injuries including 128,000 deaths.³⁹
- Dr Peter Breggin warned the world about the dangers of Prozac. Psychiatric drugs only stifle the brain of patients; while they may ease depression they cause brain damage.⁴⁰ Studies showed that Prozac could turn people very aggressive and had caused suicides, mania, homicide and psychosis.

While some drugs can have a beneficial effect, or even be necessary, it seems to me that in the majority of cases prescription drugs prove to be harmful. Certainly, many drugs are continued for life when re-evaluation could terminate them after a temporary period. Society is over-drugged and some drugs are just not necessary – yet are commonly prescribed. Furthermore, there are beneficial treatments and therapies that perform much better than drugs which people should research and try to find for themselves.

Case study

Health expert Barbara O’Neil told the story of her firstborn son as an infant. He developed earache so she took him to the doctor, who prescribed antibiotics. Gradually the pain stopped but after the course, the pain came back. She again went to the doctor who prescribed another antibiotic. Again the pain initially stopped but came back. This happened four times.

In desperation Barbara asked her elderly next-door neighbour what she did about earache in the ‘old days’. She prescribed an onion poultice. Barbara gave her son an onion-poultice on the ear and the pain left within four hours. It never returned.

Resources

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- Peter C Gutzsche, paper: *National Library of Medicine*, ‘Our prescription drugs kill us in large numbers’, *Pol Arch Med Wewn.* 2014;124(11); 628-34.
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- Shelley M White, Collective Evolution, article: *Prescription rugs kill over 100,000 people each year ...*, 7 May 2013.
- Donald Light, book: *The epidemic of sickness and death from prescription drugs*.

³⁷ ASA, ‘Footnotes’, November 2014.

³⁸ Dr Barbara Starfield, *Journal of the American Medical Association*, 26 July 2000.

³⁹ Jeanne Lenzer, *BMJ*, 7 June 2012 (*BMJ* 2012;344:c3989).

⁴⁰ See many of his books plus article in *Mercola.com*, ‘The little-known sordid history of psychiatry’.

The toxic assault of allopathic doctors

Before Rockefeller got involved in medicine after 1901, medical doctors used a variety of methods. Admittedly surgery was then primitive; mainly because of a lack of technology. Electricity had only recently been made available, for example. Most medications were natural, based upon plants. For example aspirin was not yet synthetic but was processed from the bark of a certain tree [*acetylierte Spirsäure* or 'acetylated salicylic acid'; the element *Spir-* being from the plant genus name *Spiraea*.] Of course there were some quacks and snake-oil salesmen, but these always exist, even today, in many disciplines.

Rural people, however, were very healthy and hardy. Cancer was almost non-existent and many of the ailments predominant today did not then exist. Men generally had better physiques than today due to hard labouring jobs and eating lots of meat and fat. Food was also more nutritious as the soil was full of minerals, and so were many water supplies. Graveyards prove that many people lived into their late 80s and 90s. [By comparison the average age of death for an American doctor in the 1990s was 42.]

People squashed into the new crowded urban cities by the industrial revolution were not so healthy, but these were not the norm; they were the exception. Poor sanitation, bad drinking water, poor food quality, lack of access to sunshine and so on caused many epidemics of cholera, TB, diphtheria and respiratory diseases. Changes to living conditions in the 20th century cured all these diseases not the vaccine programmes.

It is the picture of urban unsanitary conditions that allopathic people point to as the baseline for measuring the effectiveness of their profession, instead of the healthy rural populations – which were far more healthy than modern populations under the allopathic system.

John D Rockefeller

As I mentioned earlier, Rockefeller found that he could profit from making synthetic drugs as a by-product of the oil industry and this coincided with his Socialist plans for social control. He saw that he could take control over society by dominating the medical system. He started to develop drugs after 1901 and then set his sights upon taking over medical education with the Rockefeller Institute for Medical Research. This was accelerated by the *Flexner Report* of 1910, set up by him. After this, a number of things gave Rockefeller complete control of medicine:

- Slowly gaining control of the top medical institutions and licensing boards, the medical universities and colleges, and medical journals through huge grants and placemen and public opinion through the Press.
- Developing a range of new synthetic drugs claiming to cure all diseases.
- Denouncing existing natural cures.
- Ignoring nutrition. [In five years academic and two years vocational training, doctors only receive 4 hours on nutrition. Yet nutrition is the basis of health.]
- Demonising all naturopaths as quacks and charlatans.
- Smearing good doctors that threatened his interests by curing people naturally.
- A special campaign was launched against all those doctors that were able to cure cancer. Some were dismissed; some were banished, some were assassinated; all were censored and castigated by the institutions and media controlled by Rockefeller.

- Also, demonisation of new technology being developed by others, such as the Tesla coil which was able to heal naturally by applied protons.⁴¹

So gradually the allopathic medical system took complete control over all medicine. All universities taught the Rockefeller system and misrepresented naturopathy. It also adopted the Germ Theory as opposed to the Terrain Theory about how disease appears because this enables the spread of allopathic drugs and techniques.

Germ theory

Pasteur's Germ Theory (still only a theory) is what predominates today. This is that 'germs' (bacteria, mould, micro-organisms, viruses) travel about and if you breathe them in you get infected with some disease. This theory greatly assisted the existing (and failing) vaccine programme which would go on to create huge profits for Big Pharma (Rockefeller and others) but do no good and also do great harm.

Conversely, Bechamp and others taught that bacteria were the body's clean-up agents to decompose and remove dead or dying material,⁴² while viruses were exosomes that came from damaged cells and needed to be removed by the immune system (with modern microscopes we see that exosomes and viruses look identical). The real cause of all disease was toxic attack. This could be by multiple eternal sources: poison, radiation, EMFs, trauma etc. Thus bacteria were not the cause of disease but were the result of the clean-up process.

Since then various experiments have been undertaken proving that Bechamp was correct. Even during the Spanish Flu pandemic (caused by a Rockefeller vaccine by the way coupled with wartime austerity and unsanitary housing in cities) healthy patients given the sputum of infected people or left in the close company of infected people or even injected with the blood of infected people, did not get sick; not one.

Profit

As time went on, new drugs, new procedures and new types of surgery developed which all went to make lots of money for Pharma. I have already discussed the toxic effects of drugs but the medical profession became focused upon profit and not healing. Today, GP surgeries are little else but dispensing offices for the prescription of allopathic drugs, even when much better cures are available. A minority of patients are sent for expensive tests and treatment in hospitals, often unnecessarily. In some cases the tests themselves cause sickness. For example: the radiation from certain scans causes disease; the localised trauma of a biopsy can turn a benign lump into a cancerous tumour.

New procedures such as chemotherapy and radiation therapy arose, which make massive profits for Big Pharma but are useless in combating cancer. Conversely, naturopath remedies have as high as a 99% success rate.

Surgery has a better success rate for trauma victims, but is often not the best route for chronic disease such as heart disease. Many people have been cured of heart disease when their GP told them that their only hope of living was a multiple heart by-pass surgery.

⁴¹ Nikola Tesla [1856–1943] was an American electrical engineer and inventor, born in what is now Croatia of Serbian descent. He developed the first alternating-current induction motor, as well as several forms of oscillators, the tesla coil, and a wireless guidance system for ships. He was a brilliant genius whose work was hidden and cancelled by the elite, such as free field energy.

⁴² Compare nature. Dead leaves that fall from trees decompose by bacteria and are disposed of to become soil.

Naturopaths cure this without surgery using various means. Heart surgery costs huge amounts but natural treatment costs very little.

BMJ Clinical Evidence says only 15% of medical treatments are shown to be effective. Gary Null and other researchers present compelling evidence that today's medical system frequently causes more harm than good.⁴³

Incurable diseases

Diseases that are pronounced as incurable by GPs are routinely healed by naturopaths. I know of one case where a smashed knee was pronounced incurable by a bone surgeon who just prescribed painkillers, but a naturopath (Barbara O'Neil) completely rebuilt the kneecap within three months by the use of herbs growing in the garden and bed rest.

Dr Joel Wallach challenged doctors that he could cure incurable blindness. A doctor gave him his worst ten blind patients. Wallach cured every one with minerals.

Dementia is routinely cured by certain minerals or high gauss levels of magnetism. Russian doctors are able to re-grow limbs using peptides. Organs that are supposed to be incurable, such as the kidneys, are routinely cured and were from over a 100 years ago. Black slaves used turpentine to cure kidney disease. The NHS response to kidney disease is watch it get worse until you need dialysis, then be dialysed for a few years then die.

The problem is that doctors, due to their programming and brainwashing, are not focused on healing and don't understand what is going on.

Wrong diagnoses

The Cholesterol myth

For example: cholesterol is good for you. It is a vital building block for the body. It is used to heal cells and blood vessels; indeed the brain is made of saturated fat and cholesterol. There is no bad cholesterol; both LDL and HDL are important. The people with the most cholesterol live the longest. 76% of Americans with low cholesterol die from heart disease.

The only bad cholesterol is damaged LDL, or oxidised LDL, which has been caused by sugar. These damaged cells are not absorbed by the liver and end up causing plaque in blood vessels. The problem is not cholesterol but inflammation caused by insulin resistance, sugar and oxidative stress.

The cholesterol reducing drugs do immense harm to the patient, some are even not fully tested. Statins are the most common and the side effects of these are devastating, including death. If the liver is trying to increase cholesterol production, the problem is not the cholesterol but inflammation somewhere, probably caused by insulin resistance. Statins also cause energy loss in the cell systems of the body, including the muscles, heart and brain – the organs which need more energy if there is an inflammation problem.

But modern doctors (apart from a few brave souls) know nothing about this and happily prescribe pills that damage the liver, muscle tissue, the brain and the blood vessels for no good whatsoever.

Other mistakes

But bad medical procedures and practices are nothing new. It is a fact that allopathic doctors have been maiming and killing people for decades. For example, here are some

⁴³ 'Death by Medicine'.

procedures that were once commonly used but are now either outlawed or cast aside quietly:

- **Lobotomy.** Removing part of the frontal cortex⁴⁴ of the brain in order to cure bi-polar and schizophrenic patients. Sometimes a hook was inserted into the brain through the side of the eye. Walter Freeman used an actual ice-pick which he would hammer through the eye using a mallet and then jiggle the ice-pick around without anaesthetic. Dr Peter Breggin actively campaigned against this practise and finally got it terminated in the USA working through a lawsuit brought by Gabe Kaimowitz.
- **Drug-induced lobotomy.** Over-drugging mentally ill patients to make them like zombies and thus less of a logistic problem.⁴⁵
- **Phrenology.** For many years doctors, mainly psychologists, believed that the shape of a human skull identified maladies and especially psychological problems. Thus doctors carried cranial callipers to measure the shape of the skull and prescribe treatment. This was later proved to be false science.
- **Eugenics.** For decades eugenics was at the forefront of medical practice. Doctors took part in sterilisation programmes, while some suggested euthanasia for the unfit (who decides who is unfit?). This decreased in popularity after the exposure of Nazi eugenics in WWII. It continues amongst the elite.
- **Tonsils and adenoids.** While I was growing up most of my friends had had their tonsils removed and many had also had their adenoids taken out. Influenced by evolutionary theory, doctors presumed that these were vestigial organs with no real use. We now know that this is a false presumption; they protect against the entrance of infection. Nevertheless, they were removed merely for someone having tonsillitis a couple of times.⁴⁶
- **Chemical syrups.** Doctors used to prescribe soothing syrups for teething children. These contained: morphine sulphate, chloroform, morphine hydrochloride, codeine, heroin, powdered opium and cannabis indica.⁴⁷
- **Overuse of x-rays.** For years doctors subjected some patients to far too much radiation.
- **Overuse of antibiotics.** This has created antibiotic-resistant strains of pathogens.
- **Over-prescription of opioids.** This has caused tens of thousands of deaths in America alone.
- **Insulin.** Giving depressed patients insulin to knock them out in mental care facilities.
- **Electro-convulsive therapy.** Largely discontinued because discredited (yet continued in America). This was giving mentally ill patients repeated electric shock treatment to cure their disorder. It causes brain damage.
- **Yoghurt enemas** and extremely bland diet. Famously practised by Dr Kellogg who had a huge medical clinic where the rich and famous attended.
- **Blaming various diseases on the libido.** Again Dr Kellogg is the most famous believer in this.
- Blaming psychological disorders on the sex-drive and mother fixations (Freudianism).
- **Vaccines:** putting multiple poisons into the bloodstream, including: formaldehyde (causes brain damage and cancer), mercury (thimerosal; causes brain, nerve damage and organ problems), Gentamicin Sulphate & Polymyxin B (causes allergic reactions),

⁴⁴ The cortex is the outer layer of the cerebrum (the cerebral cortex), composed of folded grey matter and playing an important role in consciousness.

⁴⁵ The classic example is nurse Ratchet drugging the lead character in 'One flew over the cuckoo's nest' (book and film).

⁴⁶ They are larger in children and if enlarged by infection to disrupt breathing they do need to be surgically removed. But hundreds of thousands of children had them removed for no reason.

⁴⁷ New York Times (1910).

Beta-Propiolactone (causes cancer), Phenol / Phenoxyethanol (anti-freeze, causes immune damage), Polysorbate 80 (causes cancer), aluminium (causes brain damage) and so on. All these have been included in the various flu vaccines. How can a person sworn to the Hippocratic Oath inject a patient with a known carcinogen?

- **Hospital acquired (nosocomial) disease.** This is a huge problem. In the Covid crisis some parts of the country saw over 40% of their Covid cases being caught within a hospital. Doctors are in charge of patients so the blame cannot be passed on to nurses alone. For years doctors never washed their hands from patient to patient and spread diseases.
- **In the Covid crisis** doctors failed to give patients known, proven cures such as the HCQ cocktail,⁴⁸ Ivermectin,⁴⁹ I/V vitamin C and D etc. Instead patients were given Remdesivir, which killed them by increasing their anaemia when already hypoxic and causing kidney failure, and intubating them when the plaque on the alveoli prevents air absorption, so the pressure collapses the lungs. Money was involved in this decision.⁵⁰ They also issued DNR notices without proper consent. They also instituted end of life care pathways, which suppressed food and water as well as prescribing morphine, and Midazolam⁵¹ – which sedates and then kills you. Doctors also co-operated in the sending of sick infected patients from hospital to care homes where they infected people and caused thousands of needless deaths.
- **PPIs etc.** A key element of the conventional treatment of peptic ulcer disease is H2 blockers and proton pump inhibitors, which are some of the most widely prescribed drugs in the world. Virtually all acid suppressing regimens are unnecessary and actually harm people. In most cases of reflux and heartburn the problem is insufficient stomach acid. The body was not designed to have its acid level suppressed. If that occurs, then the enzymes needed to digest food are not activated, and the body will not be able to fully utilise food. In most cases of intestinal ulcers the problem is not stress but a bacteria. Dr. Barry Marshall discovered that *Helicobacter pylori* (*H. pylori*) bacteria, played the leading role in peptic ulcers. Antibiotics are now used to resolve this problem but far better is to use nutritional supplements which don't kill the good gut bacteria.
- **Smoking tobacco.** Doctors all around the world supported smoking for decades. Bribed by Big Pharma, many doctors wrote papers stating that it was healthy to smoke. They said that it improved oral health and cognitive function. Anyone who disagreed was smeared and attacked or even blacklisted. Tobacco companies ran full-page adverts in medical journals, such as the *Journal of the American Medical Association (JAMA)*. Scientists affirmed that, 'the science is settled', and there were no adverse effects in the nose, throat and sinuses. They even stated that smoking is not addictive. All this science was fake but tens of millions died.⁵²

Statistical view

- For several years running doctors have been the third worst cause of death in America. This is due to a variety of problems: misdiagnosis, wrong surgical procedure, surgery

⁴⁸ Hydroxychloroquine, zinc and azithromycin.

⁴⁹ In Uttar Pradesh, India, (pop. 240 million) that state eradicated Covid completely by using Ivermectin and stopping vaccines.

⁵⁰ Pharma made millions from Remdesivir. Hospitals, especially in the US, made thousands every time they used a ventilator on a Covid patient. There was a financial incentive to use bad methods.

⁵¹ This is an ingredient in the American execution cocktail.

⁵² Natural News, 'Big Pharma will go down like Big Tobacco as the criminal prosecutions go global, targeting the vaccine fraudsters and mass murderers', 11 February 2022.

leaving implements inside the body,⁵³ wrong prescription of drugs, over-prescription of drugs and so on. A JAMA article by Dr. Barbara Starfield, from Johns Hopkins School of public health, came to the conclusion that doctors (or the conventional medical system) were the third leading cause of death. Four years later Gary Null published a report which confirmed this.

- In every case where doctors went on strike the death rate went down.. For example, in Bogota (1976) it fell by 35%. In 1976 in Los Angeles County it dropped by 18%. In 1973 in Israel fell by 50%.⁵⁴
- Chemotherapy and radiation therapy only have a success rate of 3% or less in 5-year survival terms. However, there is a natural remission rate of 4%. Therefore, you have a better chance of living if you do nothing rather than going to an oncologist.⁵⁵
- The number of people having in-hospital, adverse reactions to prescribed drugs is 2.2 million per year. [See Null.]
- The number of unnecessary antibiotics prescribed annually for viral infections is 20 million per year. [See Null.]
- The number of unnecessary medical and surgical procedures performed annually is 7.5 million per year. [See Null.]
- The number of people exposed to unnecessary hospitalisation annually is 8.9 million per year. [See Null.]
- In the US, 20% of all surgery is unnecessary. This costs \$3 billion per annum. There are 2.4 million unnecessary operations annually. This results in 12,000 unnecessary deaths per year.⁵⁶
- The total number of deaths caused by conventional medicine in the US in 2001 is 783,936 per year. The American medical system is the leading cause of death and injury in the US. Cf. the number of deaths from heart disease in 2001 was 699,697, while the number of deaths attributable to cancer was 553,251.⁵⁷
- Approximately 7.5 million unnecessary medical and surgical procedures are performed annually in the US.⁵⁸
- Approximately 8.9 million Americans are hospitalised unnecessarily every year.⁵⁹

Estimated 10-Year Death Rates from Medical Intervention in the USA

Adverse Drug Reaction	1.06 million
Medical error	0.98 million
Bedsore	1.15 million
Nosocomial Infection	0.88 million

⁵³ Surprisingly this is common. I have seen an x-ray of a surgical clamp left inside a woman's abdomen. A friend of mine had a syringe needle left inside her abdomen.

⁵⁴ BMJ, 10 June 2000. Social Science and Medicine: Solveig Cunningham & Salim Yusuf, 'Doctors' strikes and mortality: a review'.

⁵⁵ Journal of Oncology (mid 1990s). Also <http://clinicalevidence.bmj.com/ceweb/about/knowledge.jsp>. Also Scientific America, Vol 253, No 5, p51-59 (1985). Also Clinical Oncology, Vol 16, p549-560 (2004).

⁵⁶ McCarthy-Widmer study in New England Journal of Medicine.

⁵⁷ U.S. National Centre for Health Statistics. National Vital Statistics Report, Graeme Morgan et. al., vol. 51, no. 5, March 14, 2003 .

⁵⁸ For calculations detail, see HCUPnet, Healthcare Cost and Utilisation Project. Agency for Healthcare Research and Quality, Rockville , MD. Available at: <http://www.ahrq.gov/data/hcup/hcupnet.htm>.

⁵⁹ HCUPnet, Healthcare Cost and Utilisation Project. Agency for Healthcare Research and Quality, Rockville, MD. Available at: <http://www.ahrq.gov/data/hcup/hcupnet.htm> . Siu AL, Sonnenberg FA, Manning WG, et al. Inappropriate use of hospitals in a randomised trial of health insurance plans. N Engl J Med . 1986 Nov 13;315(20):1259-66. Siu AL, Manning WG, Benjamin B. Patient, provider and hospital characteristics associated with inappropriate hospitalisation. Am J Public Health . 1990 Oct;80(10):1253-6. Eriksen BO, Kristiansen IS, Nord E, et al. The cost of inappropriate admissions: a study of health benefits and resource utilization in a department of internal medicine. J Intern Med . 1999 Oct;246(4):379-87.

Malnutrition	1.09 million
Outpatients	1.99 million
Unnecessary Procedures	371,360
Surgery-related	320,000
Total	7,841,360

The total of 7.8 million iatrogenic⁶⁰ deaths is more than all the casualties from all the wars fought by the US throughout its entire history. [Source: *Death by Medicine*, Gary Null, PhD; Carolyn Dean MD, ND; Martin Feldman, MD; Debora Rasio, MD; and Dorothy Smith, PhD (2011).]

The greatest danger to your health is the doctor who practices modern medicine. I believe that modern medicine's treatments for disease are seldom effective, and that they're often more dangerous than the diseases they're designed to treat ... I believe that more than 90% of modern medicine could disappear from the face of the earth (doctors, hospitals, drugs, equipment) and the effect on our health would be immediate and beneficial.

Robert Mendelsohn MD, Chairman of the Medical Licensing Committee for the State of Illinois and Assoc. Prof. of preventative medicine and community health at the University of Illinois school of medicine.

NHS quality and safety report

The BMJ conducted a study to evaluate errors in England and their cost.⁶¹

The study estimated that 237 million medication errors occur in England every year. 38.4% in primary care. 66 million are clinically significant. Avoidable errors cost the NHS £98,562,582 every year, consume 181,626 bed-days and contribute to 1708 deaths.

How can even one serious mistake be tolerated under the Hippocratic Oath? How can millions of errors pass each year without a thoroughgoing enquiry?

Conclusion

What we have now is a dichotomy.

There are some good doctors who are trying to use alternative remedies for their patients and strive against the system. Sometimes these get squashed by the medical boards, like Dr Sam White during the Covid crisis.⁶²

These are, however, greatly exceeded by the majority of doctors who are totally brainwashed by the Rockefeller allopathic system and are doing more harm than good.

There needs to be a knowledge revolution in the medical industry.

Resources

- Paul Fahy, paper: Do not take the Covid Vaccine.
- Paul Fahy, paper: *The Flu Vaccine*.
- Dr Sam Bailey et. al., book: *Virus Mania*.
- Ethel Hume, book: *Bechamp or Pasteur*.
- Teaching videos by Barbara O'Neil (mostly censored).

⁶⁰ Illness caused by medical examination or treatment.

⁶¹ BMJ Journals, BMJ Quality and Safety, Vol 30, Issue 2, Rachel Ann Elliot et. al., 'Economic analysis of the prevalence and clinical economic burden of medication error in England'.

⁶² Dr White was suspended by the GMC for Tweeting contrary to the Covid narrative and giving health facts. He initially lost a lower court case but his appeal to the High Court found in his favour.

- Dr Gerhard Buchwald, article: ‘*Vaccination: Business based on fear*’. ‘*Vaccination: a crime against our children*’.
- Dr Suzanne Humphries, book: *Dissolving Illusions*.
- Dr Judy Mikovits et. al. books: *Plague; Plague of corruption; Ending plague*.
- Dr Thomas Seyfried, book: *Cancer as a metabolic disease*.
- Dr Joel Wallach, book: *Dead doctors don’t lie*.
- Dr Pamela A Popper, book: *Saving America’s healthcare crisis*.
- Dr Leonard Caldwell, book: *The only cure for cancer*.
- Dr Matthias Rath, book: *Why animals don’t get heart attacks but people do*.
- Dr G Null, book: *Death by medicine*, (2011).

The toxic assault on your mind and affections

This occurs in many forms.

Television

Terrestrial television is just a propaganda tool of the elite. It is filled with lies, obfuscation and poison. People that have stopped watching TV have stated that they have noticed a significant difference in their mood and mental state.

At the base level, programmes are designed to dumb-people down, mollify them and make them compulsive viewers. Soaps especially are designed to capture your mind and reduce you to a moronic consumer. In the worst cases, viewers become addicted to their chosen soaps and have withdrawal symptoms when they miss them.

Dramas are designed to push elite agendas too. These are concocted to initiate social change based on a Cultural Marxist agenda. For example, in the last 50 years there has been a constant attack on monogamy, stable marriages and the normal family life. Dramas are written that promote adultery (*‘follow your heart’*) pretending that this brings liberty, when it is selfishness and social damage. Homosexuality has been constantly promoted. Christianity is always disparaged. And so on.

News media

The news media is tightly controlled by the secret services and especially the CIA; journalist whistleblowers have confirmed this. The media is simply a tool of the establishment. Just look at the Covid crisis to see how far all the media sang the same tune, told the same lies, and ignored the truth that the government did not want you to hear. Recently over a million people have marched against lockdown restrictions in London more than once but the news media virtually completely ignored this huge social demonstration.

The media has long ceased to be the fourth estate questioning government policy; it is now a lackey of the establishment, dependent on government handouts and advertising because people en masse are dropping it. Newspapers are close to collapse (especially the Guardian) and TV news channels are losing their advertising revenues due to bad circulation figures. Today people get much more trustworthy news from independent reporters on internet channels.

Music

Music is used by the elite for social change but especially directed towards young people and teenagers in particular.

New genres arise to champion some form of social change. Rap music is the obvious example, which mostly promotes violence, factionalism, drug abuse, hedonism, immorality and aggression. Some sub-genres are even worse promoting misogyny, murder and occultism. Today things are a long way from the 1960s where underground and pop music was designed to promote peace and love, freedom, anti-war, social good and mind expansion.⁶³

Movies / video games

Movies are also a major means of social control and coercion.

Movies tend to follow certain trends of social thought in patterns. Film after film pushes a certain agenda and each film ramps up the pressure on people's minds.

Sometimes the film is pushing a certain moral theme, usually hedonism or selfishness of some sort. At other times movies are there to make people inured to harrowing things, such as horror films that show extreme violence.

For example, many films have shown people being hit over the head with a chair and then being stomped on. Both these actions alone can cause death but usually in the film the victim gets up, dazed and carries on. It has become commonplace for violent thugs in society to do exactly this and they have killed people as a result. They became inured to the reality of what these things can do to a person due to frequent exposure from films.

Exposure to violent video games is even worse as the viewer became much more immersed into the content.

Books

Books are used to promote all sorts of social effects, similar to movies but books have a stronger effect. Books change people. They can be a force for good or for bad.

Books that uplift the soul and promote peace and liberty are few.

Social media

If I wanted to improve the whole world at a stroke, I would ban all social media.

Social media is a scourge. Its disbenefits far outweigh its benefits. Only history will show the ruinous effect that social media has had on populations. People today are far too invested in it to see what is happening to them.

Social media, which is absolutely manipulated by silicone valley and the global elite, results in a kind of GroupThink and a serious level of dumbing-down. It turns people into narcissists and selfish hedonists. It enforces certain narratives, which use social media to push a propaganda agenda. It causes psychological damage as people become dependent upon social media activity to promote a false self-esteem. It can also lead to hate campaigns where people gang up on some dissenter to some ideology that can do real-time harm.

Today I learned that a pub cancelled a certain gig because one social media activist caused a social media storm and frightened the landlord. One person's option cost someone their job that night. A Twitter spat caused several important companies to cancel their

⁶³ Songs: All you need is love, Give peace a chance, Instant Karma, Imagine, Melting Pot, I'd like to teach the world to sing, Blowin' in the wind, A world of our own, Masters of war, Eve of destruction, Revolution, The war drags on, If six was nine, etc.

advertising with the new GB News by spreading fake news. Social media campaigns have forced universities to cancel visiting lecturers (usually Right Wing speakers).

But people, especially young people, are becoming zombies due to their constant attention to social media on their SmartPhone. You can see them crossing the road without looking with their head buried in their 'phone. These people have lost their minds.

Douglas Murray has explained how people descend into madness in crowds. A kind of GroupThink overcomes them and they do things they would never consider doing on their own. The crowd mentality overcomes the personal consciousness. I learned to beware of crowds decades ago through dangerous experiences. Crowds become easily manipulated by demonic forces, and thus can easily erupt into mayhem.

Social media is a type of virtual crowd activity. People become just as obsessed and erratic in thinking as in a physical crowd. Unless you have a strong personality, you get sucked into the crowd madness for self-esteem – which is completely artificial and unreal. Trusting in this leads to psychological disorders.

Resources

- Paul Fahy, paper: The degeneration of motion pictures 1.
- Paul Fahy, paper: *Cultural Marxism*.
- Paul Fahy, paper: Comic book super-heroes.
- Paul Fahy, paper: Cultural movements that deceive nations.
- Douglas Murray, book: *The madness of crowds*.
- Neil Postman, book: *Amusing ourselves to death*.

The toxic war on relationships

Relationships are the strength of human society. Community lies at the heart of all human activity. Relationships undergird most things. Films that warm the heart the most are about some expression of community, people coming together, people striving together against some dark force, brotherliness, or even romance tales.

I have explained that the reason for this is that loving community lies at the heart of the Godhead. The Trinity is a loving community of three people. Mankind is meant to be the expression of the Godhead, and this involves developing loving communities; relationships.

This is why Satan hates strong relationships and loving communities. He seeks to break up all relationships and all stable communities.

The attack on marriage

This is what is behind the war against marriage in modern societies. It is obvious and needs no exposition that marriage has been constantly assailed: by government laws; by tax issues; by the media; by movies, books, poems, songs, and art; and by a range of Cultural Marxist strategies since one key element of Marxism is to destroy the family.

Why is homosexuality, adultery, divorce and Transgenderism promoted so heavily by the BBC, the government and the media in general? It is partly to create more factionalism to split society up but mostly to help destroy the norm of Christian marriage as the bedrock of society.

But it is not just marriage, it is all sorts of community.

The attack on rural communities

The elite want to drive people out of rural areas into concentrated urban cities where they can be ruled by technocracy. Thus there has been a long war against country villages. This has been going on for many years with the destruction of village pubs, village Post Offices, local funding for services, closure of bus services and community centres. What happened in the last year? A further assault on the features of rural life. Even more pubs were closed; many thousands. Many Post Offices were closed (started as a result of the privatisation by a Tory coalition government); my own local Post Office closed and I am not in a rural area. Local businesses collapsed. Work for rural people was decimated. More transport services were cancelled. Farming as an industry was threatened with bankruptcy.

All of this was to destroy village community life. It forces young people to relocate to cities in order to survive, then gradually the older generation dies off leaving no one there but the rich with second homes. Eventually, the country village will be solely for wealthy people to vacation in with no living community anymore.

The massive promotion of selfishness

Relationships require selflessness in order to work. Selfishness destroys relationships. In order to wreck community and relationships in modern life, Satan employs multiple means to drive people into becoming more and more self-focused and selfish. This is why the current generation is centred upon me, me, me and victimhood undergirds modern social life.

The crux of life for young people today, driven by Wokeness, is selfishness. This is what leads to so many expressions of hatred and intolerance towards other viewpoints. Their mantra is, *'if you don't agree with me, you are wrong, evil and it is OK for me to denounce and vilify you'*. Instead of engaging with other opinions, sometimes self-obsessed young people simply scream at their opponents.

Conversely, good communities develop as people exercise self-control and allow discussion, toleration, debate and airing of various viewpoints and then come to a consensus. People can agree to differ on non-essentials and yet still come together for the good of the community. In good communities people with widely differing viewpoints can still help each other.

Thus communities sponsor love to neighbours and this generates good relationships. The love is generated by selflessness and seeking the good of others. In short, Christian social ethical principles. Even offences can be easily forgiven when the community is put first above personal interests.

The Satanic thrust to deceive people into gross selfishness is currently breaking society apart. It is a toxic warfare designed to ruin society and create factionalism.

Resources

- Paul Fahy, paper: *Cultural Marxism*.

The toxic attack on culture

This again is a huge subject that requires many volumes in multiple areas. I will just skim the surface. The principle areas that have been perverted include: art⁶⁴ (especially painting), architecture, town planning, music, literature, poetry, film, comedy and the media (newspapers, TV drama, TV news, radio news, podcasts, culture programmes, documentaries, investigative reports etc.).

While there are still many examples of beauty and wisdom still visible in society resulting from previous generations of good sense,⁶⁵ there is a gradual encroachment of ugliness and nihilism.

I will simply list some bullet points of the means used to attack culture and thus assault our minds and disturb our peace.

- **Nihilism:** This is especially noticeable in story-telling as evidenced in novels and movies. It is when a film ends with no conclusion, no fulfilment of earlier developments, and makes the film pointless. It is when the bad guys win when you have invested emotion in the good guys. It is when evil triumphs. Worst of all it is when the film just descends into confusion and purposelessness.
- **Uglification:** this is to make everything around us oppressive, creating dis-harmony. It is very noticeable in art and architecture. Just look at the uglification of London with monstrosity after monstrosity that has no harmony with the surrounding area. Painting throughout the 20th century was a series of replacing figurative beauty with abstract nightmares or just something stupid (as in Dada).⁶⁶ When Tracey Emin's filthy bed becomes an art exhibit, we know that we have strayed into a dystopian nightmare.
- **Celebrating evil:** this occurred in many forms, but notably in novels and films. One of the worst examples was the film *The Exorcist* which was not only wretched and disturbing in content, but evil triumphed at the end. In an attempt to be novel, many auteurs created works where evil triumphed.
- **The victory of stupid:** many cultural forms have lost all sense of wisdom and intellectual rigour. Previous works not only expressed beauty but they had an inner harmony that was intellectually challenging. Some of the best paintings follow mathematical principles that can be analysed, such as the use of 'the golden section' or principles of perspective or the use of complementary colours to good effect (not 'complimentary'). Despite this undergirding intellectualism, they were not created in an arbitrary intellectual fashion but with a plan of emotion and visual communication. In many cases the creation was instinctive, not intellectual; but the creation was still intellectually satisfying. Today, works are celebrated that are just plain ignorant and stupid; they have no intellectual rigour and are completely superficial. Pop songs are a good example of this. Gone are the days of the 60s where innovation and creativity flourished. Today most pop songs are written by the same three people according to specific formulas; they all sound the same with the same production. Many pop stars cannot even sing but need vocoders (pitch correction) to get the notes right. Education has been so dumbed-down that most young people have no ability to appreciate challenging material but want superficial, easy-to-follow creations that don't tax their minds. Today the most pathetic things get worldwide attention and fame.

⁶⁴ A wide subject including graphic art and design, illustration, figurative art, abstract art, conceptual art, performance art and so on.

⁶⁵ Such as the St Pancras Hotel in London.

⁶⁶ One famous Dada piece was a urinal on the wall of an art gallery.

- **Box-ticking:** The control of culture means that the thought police clamp down on anything that does not comply with the current acceptable norms. This means that people cannot say certain things or they will be penalised in some way. Those that do get cancelled and lose their livelihoods. This is leading to the death of comedy where only millionaires, like Ricky Gervais, can say what they like with no fear or compunction. Comedy has become anodyne and boring. Yet modern people are laughing at unfunny performances that are often nothing more than a swearsy rant. It also means that presenters on TV programmes (not that I watch them) have no character but just badly read autocue lines written by some idiot producer checked by a lawyer with no talent. This means that there is no spark and no communication with the TV audience. Gone are the days when an under-produced, slightly inebriated TV chef could ad-lib and make mistakes and yet produce natural golden TV.
- **Cancel culture:** To enforce the limited acceptability threshold of Woke people, anyone outside that box is de-platformed from events, expelled from societies, fired from their jobs and cancelled on social media.
- **The Socialist take-over:** This has ensured that politically correct mandarins have gained control over all the main aspects of cultural expression. This began with the Marxist overthrow of the education system, which gradually led to Socialist entrants into management of society at all levels. All of society is now dominated by Socialist apparatchicks⁶⁷ ruling according to Marxist principles and undergirding all the social programming of the elite (support minorities at the expense of universal liberty, attack Christianity, attack marriage, demonise the Right, attack capitalism, attack white people, push damaging social agendas e.g. LGBTQ, enforce hate laws, political correctness, factionalism, Intersectionalism, etc.). One of the key results of this has been the destruction of free speech and the censoring of all alternative voices.

The purpose

The purpose is to depress, to confuse, to unsettle and to disturb. It is part of the process of ruining society according to the plan of the Cultural Marxists that dominate the cultural institutions. When society is completely messed up, nothing is working and everything is confused, then they believe that a Marxist revolution can succeed. Only when society is sick can they hope to win.

Resources

- Paul Fahy, paper: *Cultural Marxism*.
- Paul Fahy, paper: *A Summary of Cultural Marxism*.
- Paul Fahy, paper: *Multiculturalism*.
- Paul Fahy, paper: *Feminism*.
- Douglas Murray, book: *The Madness of crowds*.
- Peter Whittle, website: *The New Culture Forum*; interviews.
- Andrew Arato & Eike Gebhardt, book: *The Essential Frankfurt School Reader*, Continuum International Publishing Group (1982).
- Martin Jay, book: *The Dialectical Imagination: A history of the Frankfurt School and the Institute for Social Research*, Univ. of California Press, (1996).
- Eduar Mendieta, book: *The Frankfurt School on Religion*, Routledge (2004).
- Jeremy J Shapiro, book: *The Critical Theory of Frankfurt*, Times Literary Supplement (1974).
- Rolf Wigggenhaus, book: *The Frankfurt School: its history, theories and political significance*, The MIT Press, (1995).

⁶⁷ Full-time, professional, Communist functionary.

- Daniel J Flynn, book: *Intellectual Morons*.

The toxic assault of lies

This follows on from the lies pervading society courtesy of Cultural Marxism, but lies are far more pervasive than that. Western society today is riddled with lies in every area of life. Lying is endemic. This is yet more evidence of the Satanic hold on western culture as Satan is the father of lies (Jn 8:44), he deceives the world (Rev 12:9) and was a liar from the beginning.

Politics

The old joke still stands: ‘How do you know when a politician is lying? His mouth is open’.

The audacious level of political lying is completely out of control. Gone are the days when a politician was caught in a lie and immediately resigned from public office, such as John Profumo.⁶⁸ Today politicians use lies as a normal weapon in their armoury to push policies forward.

Tony Blair told a pack of lies to Parliament and the country in order to get Britain into the Iraq War. Over a million innocent Iraqi civilians died as a result. God will recompense this. The Covid crisis has been riddled with lies, as I explain elsewhere in this paper.

All lies from politicians damage the country and erode trust in authority.

Advertising

I don't ordinarily watch terrestrial TV but I recently saw a Channel 4 drama about care homes in the Covid crisis⁶⁹ and was subjected to adverts. I was shocked at how advert after advert just spouted utter lies.

One energy company claimed that you should switch to them because they only used Green energy. This is a lie. No energy company in the world only uses Green energy. Wind farms and solar power only form a small fraction of UK energy supplies. In recent months, settled weather meant that wind farm production was down to a few per cent. Also so called Green supplies, such as sustainable biomass pellets, are not sustainable and are not Green since they destroy Virginian hardwood forests and have a bigger CO₂ footprint than a coal-fired power station.

Energy companies claim that getting an electricity SMART meter will save you money and help save the planet. These are lies. Think about it. Why would an energy company spend billions on SMART meters in order to lose profits? I have explained elsewhere in this paper how they destroy plants nearby and cause illness to humans.

We could write thousands of pages on the lies of advertising; how toxic foods are healthy, how electric cars are efficient, how weight loss plans are safe and so on. The point has been made.

⁶⁸ Appointed Secretary of State for War under (Conservative) Harold Macmillan in 1960. In 1963 news broke of his relationship with Christine Keeler, who was also the mistress of a Soviet diplomat. Though there was no passing on of state secrets, fears were raised of a security breach, precipitating his resignation. For background see the film, ‘*Scandal*’ (adult scenes) or the TV drama, ‘*The trial of Christine Keeler*’.

⁶⁹ *Help*, starring Jodie Comer and Stephen Graham. Worth watching.

Education

Cultural Marxists took over most aspects of education long ago. They are particularly powerful in history, the humanities and social science. The agenda of such folk includes smearing Christianity whenever possible, denying creation, re-writing history or ignoring things they don't like, pushing set agendas and so on.

This means that lies are often spouted to children and teenagers in education systems. The most obvious examples are the promotion of Evolutionary Theory and Uniformitarianism with the denial of everything else. Through brainwashing, populations just accept multiple lies. I will give some examples.

- The Earth is 4.5 billion years old. Lie. No one has ever proved this. The most fashionable theory of the Big Bang is under assault even by secular scientists. There is no explanation for numerous anomalies in this system, which I cannot list here.
- Life began in a pond full of slime. Lie. There is not a shred of evidence for this; it is not scientific.
- Species evolve from simple into complex life forms. Lie. There is no evidence anywhere for this. Species are fixed. Adaptation is not species evolution. Wolves can adapt into types of dog but never into a cat. There is no evidence that any genome can be added to (mutations lose genetic information). Furthermore, modern microscopes have proved that there is no such thing as simple life forms. Even single-celled life-forms are incredibly and irreducibly complex.
- Darwin's tree of life explains evolution. Lie, it does no such thing. In fact, many of Darwin's claimed simple animals early in the chain turned out to be more complex than later ones. E.g. the foot of the claimed ancestor of the horse is more complex than a modern horse hoof.

We could add to this for a long time; but evolution is just one small aspect of the lies told to students.

Christianity

Christianity is a big focus of lies spouted by the establishment. Day by day lies are claimed in order to smear Christianity and create hate against it. This occurs in education, in the mainstream media and in many publications of various media types. Examples of such lies include:

- Christianity started all the wars in history.
- Christ did not exist in history.
- Christ was not resurrected.
- There are no supernatural events as recorded in the Bible.
- The Bible was written late in history by a team of editors. The claimed ancient authors, such as Moses, could not even write.
- The disciples of Christ were uneducated, uncouth plebs who could not write the New Testament.
- Christianity leads to an intolerant, patriarchal, White-supremacist, imperialist society.
- Christianity is misogynistic.

Now I have no time here to write an apologetic analysis of all this, merely to say that every claim is an utter lie. See several of my papers for details on these matters.

The entertainment industry

I have covered this to some degree earlier. Essentially, this industry is filled with lies and deceit. Movies are made with a certain agenda and tell lie after lie.

Fabricated histories

Historical dramas fabricate events that never happened or contain anachronisms that were impossible at the time. British heroes (flawed as they may be) are portrayed in a ridiculously derogatory manner with lie after lie being attributed to them.

For example, in the Film, *The Patriot*, about the American War of Revolution, the bad British officer as the lead nemesis was a real person who did none of the bad things attributed to him in the film. Another Mel Gibson film, *Braveheart*, showed the British queen having an affair with William Wallace hinting that the offspring would attain the English throne. This is just preposterous. They may be good films but they are bad histories. Hundreds of traditional westerns portraying outlaws as heroes or gunslingers killing scores of people are just fantasy. In fact, poor films often show heroes using handguns that were not available in their day.

To fulfil a Woke agenda Black people are constantly cast in roles that were historically impossible. The very worst example was casting a Black woman as Anne Boleyn, consort of Henry VIII. Nobody watched it; quite right. In the new Amazon film production, *The Green Knight*, the Indian Dev Patel, with an Indian mother, plays Sir Gawain. Yet Gawain was a medieval, or pre-medieval, British mythical hero before anyone then even knew that India existed, let alone having seen an Indian.

Ethics

Moral stands are taken promoting certain types of behaviour that are based on lies and cause people to go astray. This is especially noticeable regarding sexual ethics. Traditional family values are derided as old fashioned. Marriage is demeaned and sexual promiscuity is championed. Drug abuse is normalised. Lying is commonplace. Selfishness is promoted as advantageous.

Political history and foreign policy

Lies are told in biased explanation of political events, wars, military incursions, assassinations, coups and so on. Certain individuals are castigated and smeared as evil while evil people are lionised as good.

Climate change theory

I will not go into detail here but refer you to my various papers. This whole movement is a scam that is part of a bigger operation to enable social control. The players in this are big global corporations that are making billions out of the gullibility of Woke people. None of the claims about global warming are true. I will just make a few simple points here.

- CO₂ is the miracle molecule of life. We need far more of it. In the past there was massive plant growth when the world had up to 7,000 ppm (parts per million). Today we have 420ppm. CO₂ is vital for plant respiration, with the by-product of oxygen. Bringing CO₂ to 180ppm (let alone zero) would kill all life on Earth.
- Humans are not the biggest producers of CO₂ emissions. Termites produce far more.
- Green energy does not work and is massively expensive. It is now resulting in an energy crisis that could see power-cuts. This has already happened in other places, such as Texas.
- Wind farms do not work without wind and are vastly inefficient and expensive and only get built as a result of subsidies. They also kill all sorts of animals, including birds, bats cetaceans and insects. You can see pictures of hundreds of dead birds at the foot of a turbine.

- Global temperature fluctuates and is incredibly complex to measure and understand. However, it has generally been declining since 1990. It went up a couple of times but has been declining since the early 2000s.
- Britain was far hotter than now in previous history, such as the late 1880s when birds fell dead out of the sky. Hot years continued periodically up to the 1970s.
- The hockey stick graph is a fraud. It takes its base point from the little ice age in the late 1700s, early 1800s and thus should show a steep rise. However, there were many much warmer periods in history than today such as the Medieval Warm Period or the Roman period when grapes were grown in York. Today's temperatures are much cooler than many periods in history.

Covid

The Covid crisis saw a massive increase in government lies to the point of farce. Even the public that was unaware of the real facts could see that the government lied as it U-turned, dithered, obfuscated, changed goalposts, ripped up previous agreements, got caught with false statistics, etc.

Without a long analysis here are just a few blatant lies that undergirded the Covid narrative:

- There was a pandemic. [There was no such thing.]
- The SAR-Cov-2 virus exists.⁷⁰
- Covid is a serious illness (it was officially downgraded to non-serious on 19 March 2020 by PHE).
- Deaths are excessive. [Excess death in 2020 was normal.]
- Everyone is under threat of death. [Infection fatality rate was 0.039%.]
- Asymptomatic people transmit the virus.
- Lockdowns are effective in controlling the virus outbreak.
- Facemasks prevent viral infections.
- Social distancing prevents viral infections.
- PCR tests can diagnose Covid.
- Covid vaccines are safe and authorised. [In fact they are not fully tested, experimental, unauthorised, and are very dangerous.]
- It is necessary to vaccinate children. [Children are at no risk at all from Covid but are at great risk from the vaccines.]
- There are no serious adverse events. [Over 20 million have died from the vaccines worldwide, but the figures are being covered up.⁷¹ Even more have had serious adverse reactions including heart attacks, strokes, paralysis, blindness, deafness, etc.]

All of these things were downright lies. I have explained this many times in my Covid papers.

Conclusion

We could continue in this vein with subject after subject but that would become tedious. The point is that lies are continually being spouted in all walks of life and used to condition people to fall in line with political agendas. You are being assaulted with lies.

⁷⁰ No one in the world has proved this. FOI requests to 122 medical and public health institutions globally have all admitted that they have no unadulterated, isolated, purified samples from a sick patient.

⁷¹ Officially 20,000 plus died in Europe, over 2,000 died in Britain, over 50,000 in America (by mid-2023). However, studies show that only 1% of adverse reactions are ever reported and reporting today is being actively hindered. Even the WHO formally accepts that there have been over 2 million adverse events.

Resources

- Paul Fahy, paper: Confronting Evolutionary Theory.
- Paul Fahy, paper: Simple indicators of a young Earth.
- Paul Fahy, paper: Simple killer arguments against evolution.
- Paul Fahy, paper: The nonsense of evolutionary theory.
- Paul Fahy, paper: An apologetic for Christianity in Britain.
- Paul Fahy, paper: Why the Bible is trustworthy.
- Paul Fahy, paper: The Authority and Authenticity of the Bible.
- Paul Fahy, paper: An essay on climate change.
- Paul Fahy, paper: *Carbon dioxide*.
- Paul Fahy, paper: *Climate change lies*.
- Paul Fahy, paper: Climate Change, Eugenics, Oil and Tyranny.
- Paul Fahy, paper: A Synopsis of Some Arguments Against Man-Made Global Warming.
- Paul Fahy, paper: The fabrications behind the politics of climate change.
- Paul Fahy, paper: multiple papers on the Covid crisis, see website.
- Peter Osborne, book: The rise of political lying.

The toxic promotion of hate

To a degree this is covered in previous sections but special mention needs to be made of movements that are specifically aimed at promoting hate and thus civil strife.

The spiritual background

Modern toxic movements are part of a wider global development that Christians believe is dominated by the enemy of God, Satan or the Devil. In the last days, God allows the Devil to push mankind into a global, totalitarian empire that is a reflection of him. That is, a world government in Satan's image that is: evil, murderous, full of lies and deception, pushing hedonism, selfishness, and domination of a psychotic super-class over a nation of serfs or slaves. This is pictured in symbolic figurative images in the book of Revelation.

The chief factor in the kingdom of Satan is a hatred of Christianity because it is the reflection of God. Therefore, everything possible is done to ruin and destroy Christianity and eradicate believers. Thus we see that many of the modern movements underway to destroy western society (e.g. Cultural Marxism and its many strategies) are at root antichristian.

Now amongst the chief principles of Christianity that undergird western nations resulting from the Reformation are: loving one another, tolerating one another, equality, freedom of speech, freedom of movement, freedom of assembly, freedom of worship and equality before the law. To ruin western nations Satan seeks to undermine all of the above. Thus one method is to introduce civil strife and set people against one another. The method of doing this is to create and magnify hatred of one group by another.

Factionalism

A prime method of introducing schism into society is to promote certain groups and demean others. The way to do this is Orwellian in that it claims to be based upon toleration and safeguarding the rights of minorities. In reality it seeks to introduce hate.

The method employed is to take a faction or minority and then promote it by the media and education as if it were a majority and then introduce laws to give this group more legal rights and power than others. This causes friction in society because it is unjust.

No one would accept that every tiny minority has the right to protective laws above others. There are many minority factions that are odious even today; such as: paedophiles, animal cruelty groups, people identifying as snakes and so on. While the day may come when these are legalised and protected, at the moment they are treated as fringe minorities. So society does not support all minorities, just the ones with a political purpose.

In recent decades we have seen the elevation in law of homosexuals, women, transgenders, transvestites and especially Black people (not so much brown, red, yellow people) with hate and discrimination laws and preferential quota systems in employment.

Now I am not opposed to any of these people; everyone should have liberty equally under the law. What you do with your life is your business not mine. But by giving minority groups preferential treatment in law it causes a rift in society and this rift causes hatred when fanned into a flame.

Now certain groups, such as Black Lives Matter, Antifa and Extinction Rebellion, promote vehement hatred in the promotion of their aims. To make their points they demonise their opposition and treat them as evil people to be destroyed or punished in some way. It is not enough to make an argument against their opposition, it is personalised as being the scum of society; a disease to be eradicated. As such some of these riot, maim, injure, kill, set places on fire and so on in purges of hatred.

Examples

Two White boys in an American university were quietly revising in a common room. One had a sticker on his laptop saying, '*Police lives matter*'. They were then harassed and verbally abused by two Black girls who called them racist and said that they supported murderers; that all police were murderers. They demanded that they leave that area and go somewhere else.

A history schoolteacher in Loudon (Washington DC) taught elementary white children that they were born evil and had White privilege.

Leading Black activists calling for the extinction of all White people.

The antidote

Now the only reaction to this is peace, love, harmony and reasoned argument. If they won't listen, then they won't listen. Criminal action needs to be responded to with police charges for breaking the law; whether it is occupying a motorway, inciting crimes, causing harm or setting fire to someone's house.

Anything that promotes hatred should be recognised as evil at root and judged accordingly. Instead the media has promoted factions that rely on hate and supported them.

The toxic assault on rational thinking

Critical thinking has disappeared amongst young people that have been through the modern Socialist-dominated education system.

Traditionally, students were taught to critically analyse issues, discriminate, ponder and come to rational conclusions about everything and then defend that position with reasoned argument. This process has vanished except in private schools. Instead students are now taught what to think (Groupthink) and taught to not question the narrative being delivered

to them. They then become willing dupes to political control after school and fall in line with government propaganda. The Covid crisis is an excellent illustration of this.

The examples of hate, vehement attacks on people, smearing reputations of political opponents, and such like are examples of a complete inability to think critically about any issue or to be able to defend your view in a sensible debate. It is all about shouting, shaming, castigating and virtue signalling against what does not comply with your narrative. This is really just self-righteousness dressed up in Woke terminology.

Example: the Woke crusade against Lawrence Fox

The attacks on Lawrence Fox for perfectly sensible, articulated opinions on *Question Time* (BBC) were a classic example of this. He did nothing wrong, nor did he say anything wrong; he just questioned the Woke narrative. For this he was smeared, denounced, abused and pressure put on people to not employ him. He found that he could not work and was running out of savings; but no one engaged in a public debate to discuss the issues in a controlled manner. They just called him names and got him cancelled. This spurred Fox on to political activism and forming a political party with significant support. Stopping a person working for not agreeing with you is ludicrous.

The point is that no critical thinking or rational discussion was allowed; Fox was just called a racist when his opponents were actually being racist for calling him a White, privileged supremacist that did not deserve to have an opinion due to the colour of his skin. In fact Fox was not even particularity privileged. His father worked for a Christian charity with no salary for many years after stepping away from acting fame. Fox found his own way into acting successfully.

Example Prof Kathleen Stock

Stock is a philosopher professor at Sussex University. She has been awarded an OBE. Despite her credentials, transgender activists have launched an aggressive campaign against her and tried to get her fired. Her crime? Affirming that biological women are real women and men with male genitalia are not women and that you cannot change biological sex.

Stock was targeted in a nasty letter written by 600 academics affirming that her feminist views contribute to harms against transgender people and reinforces the patriarchal status quo. A counter letter was penned by 400 of her supporters, but this time using logic.

Her attackers boosted their harassment. They claimed that Stock makes trans students feel unsafe. Posters and demonstrations harangued the campus claiming this. Exactly how does an opinion make people unsafe? Activists also declared that they were not paying £9,250 (tuition fees) to support transphobia, therefore Stock must be fired. Eventually, Stock resigned.

That delusional activists can gain so much national attention and can threaten someone's job simply for affirming an absolute truth is a matter of great concern. The level of delusional thinking and lack of objective logic in their arguments ought to worry everyone. These are university students who are supposed to be the cleverest people in society. But they have lost their minds; they are irrational morons who do nasty things to innocent people. The nation is in trouble when university students (and some professors) exhibit a total lack of reasoning capacity.

Why?

Rational thinking seeks to get to the truth of a matter; it is a method of establishing facts and exposing lies. The global elite do not want a nation of critical thinkers that can see through their plans and expose them as evil. Thus programmes to dumb-down people from an early age have been in place for decades, certainly since the late 1960s when schools started to be overcome by progressives.

This mind control is then cemented by television, movies, the Press, the mainstream media in all its forms, books, social media, political parties, NGOs, peer pressure, and so on; as we have discussed. The aim is to stop people thinking and to accept a narrative without question. The narrative changes as necessary to keep people under control; they include: Green politics (based on biological, climatological and physics lies), gender issues (based on biological lies), the Covid narrative (based on epidemiological lies), race wars (based on ethnical lies), Feminist and Intersectionality politics (based on ethical lies); promotion of atheism (based on spiritual lies), evolutionary theory (based on biological, physics and astronomical lies), promiscuity (based on ethical lies) and so on.

Resources

- Book: Ed. Katherine Washburn & John Thornton, Dumbing down: essays on the strip mining of American culture.
- Book: Neil Postman, Amusing ourselves to death.

The toxic effects on your soul

This is where the enemy presses his worst attacks and most people have no clue at all. The Devil wants your soul and seeks to capture it through deception. He wants, by all means possible, to keep you from a living relationship with God through Jesus Christ.

The means of doing this are many and several are often used at the same time.

Promoting occultism

This is a huge subject that cannot be developed here because it involves so very many things. Essentially the Devil wants to get you into accepting one or more of the very many aspects of the occult.

What is the occult? 'Occult' means 'hidden' and it is the disciplines that compose various secret societies and groups in the occult spectrum, such as witchcraft. It can be sub-divided into three forms, each with multiple sub-groups. These are: 1) magic; 2) spiritualism; 3) divination.

Magic involves casting spells and hexes. It is about asserting your will and gaining things you want by occult means, such as getting rich, getting someone to love you, or getting revenge. When radical Charismatic name it and claim it groups (Word Faith) teach that you can get anything you want if you make a positive confession and visualise it, they are using magic. Magic is used by witches (warlocks), sorcerers and shamans.

Spiritualism ('spiritism' in the US) is communication with demons to achieve various purposes. Primitive animists placating demons from harassing a tribe is spiritualism.

Divination is seeking to know the future by various methods (fortune-telling). This may involve spiritualism. The many forms of this include: the I-Ching, astrology, tea-leaf reading, augury, Tarot cards and so on.

This is a very concise and simplified analysis of the occult. Some people utilise all forms of the occult, such as witches that use magic and spells, communicate with evil spirits and perform divination.

If you look at art forms (movies, books, songs, artworks, etc.), cults and philosophy over the last 100 years you will see a gradual development and progress of promoting different forms of the occult. Time and time again occultism features in these things when before they were absent.

For example, movies seem almost constantly fascinated by magic, spiritualism, divination, demons, zombies, vampires, werewolves, death cults, serial killers, monsters, voodoo, cultic rituals, ghosts, poltergeists, haunting, exorcisms and so on. Hollywood is awash with such things. Often today the portrayal is not in the form of a morality tale that may have some benefit (such as an Edgar Allan Poe story), but uses gratuitous forms, extreme horror and violence and pushes selfishness, revenge and self-gratification. Often the centre is just about grisly death and revenge. At the very least such things are a celebration of demonic delight.

Watching such things, reading such things, does harm to the soul. Today, children grow up being very familiar with occultism because they are surrounded by it. This leads to things like children in school using Tarot cards or holding a séance and scaring themselves into anxiety. I have known people permanently damaged by such activity; their soul was seared.

Then there are the effects of the celebration of Halloween, which has now overtaken the celebration of Christmas. Most parents have no idea how much damage this can do to children in the way that it develops their personality or leads them into deeper dangers. The denigration of Christmas has been deliberate, downgraded by the wickedness of the establishment. Some towns in Britain have outlawed it completely while promoting heathen celebrations like Divali or Eid or even the occult burning of the clocks.

All this is part of the toxic attack on the soul.

Promoting cults and sects

There was a time when sects were few and the biggest problem to the truth was the institutional churches, such as the Roman Church during the Reformation. Even then there were sects, such as the Schwenkfelders, the Antinomians or the mystical Anabaptists. But in general matters were more simple.

Today, the world is awash with sects, cults, heresies and aberrations of all sorts. Worse still, at this very time, most church people are much less informed about the danger of these things. Discernment is a rare quality.

The root of all heresies, and the factions that champion them, is demonic. That must be understood: 'Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons' (1 Tim 4:1). The war with Satan is chiefly about the truth, not some minor issue.⁷²

The Devil engineers, resources and promotes cults and sects to divide Christians to weaken the church and also to attract gullible outsiders into his sphere of control.

⁷² One Charismatic group made a fuss about signage in London believing this to have a demonic root. Another famous Charismatic group performed a rain dance to fight the demons that had caused a local drought. I kid you not.

Deception

This is the Devil's chief weapon and it is his most effective strategy.

The Devil is the father of lies and deception is his middle name. He often entices by an opposite of a thing in order to achieve a strategy. Thus he 'transforms himself into an angel of light' (2 Cor 11:14); 'his ministers also transform themselves into ministers of righteousness' (2 Cor 11:15). This is why discernment is so vital in the Christian life. The Covid crisis, based on devilish deception, shows us that the vast majority of the church has no discernment and has fallen for a satanic strategy. Even after 18 months of madness, most churches still have no clue that they have been deceived, such is the parlous state of the church – which is following Satan.

But it shows the power of deception. Deceit is a much subtler and powerful form of attack than that which one can see straight away (such as persecution or temptation). It is being led astray by lying devices; falling away from the path of truth. Thus the Devil is the author of confusion, sowing seeds of doubt and causing fear. The point is to get the soul to follow him and not Christ. When you succumb to deception, you stray from the path of the Lord and follow God's enemy. You have submitted your will to the adversary of God.

The only escape is to repent and confess your sin. If you fail to do this you will be captivated by the enemy and devoured.

Lest he fall into reproach and the snare of the devil. 1 Tim 3:7

But those who desire to be rich fall into temptation and a snare, and *into* many foolish and harmful lusts which drown men in destruction and perdition. 1 Tim 6:9

Perhaps will grant them repentance, so that they may know the truth, and *that* they may come to their senses *and escape* the snare of the devil, having been taken captive by him to *do* his will. 2 Tim 2:25-26

The devil walks about like a roaring lion, seeking whom he may devour. 1 Pt 5:8

Resources

- Paul Fahy, paper: Christian cults, sects and aberrant movements.
- Paul Fahy, paper: Deception: The Deadly Virus.
- Paul Fahy, paper: Why witchcraft is wrong.
- Paul Fahy, paper: Modern Celtic Spirituality.
- Paul Fahy, paper: Why all religions do not lead to God.
- Paul Fahy, paper: Comparison of religions.
- Paul Fahy, paper: Islam: theology and history.
- Paul Fahy, paper: A Concise Evaluation of Freemasonry: It's Claims and History.
- Paul Fahy, paper: *Scientology*.
- Paul Fahy, paper: A Summary of Occult Inroads into the Charismatic Movement.

How to avoid toxicity

Spiritual issues

Focus on God first. Seek to do his will. To assist in this spend time reading your Bible and praying first thing in the day. Start with God. If you have a really hectic morning, take some moments to pray and commit your life to God, ensuring that you worship him; then read your Bible and pray longer at night.

De-tox your soul by confessing all sin and seeking cleansing in the blood of Christ.

Flee from temptation.

Be renewed in the spirit of your mind. Put on the new man.

Practical issues

Take steps to avoid the specific toxic items mentioned; such as filter your water, buy organic food, avoid processed food and so on.

Try to detoxify your home as much as possible. Get rid of obvious toxic items; switch to natural cleaning products; avoid Smart meters; beware of weedkillers like Glyphosate (RoundUp) etc.

Limit your time on cell-phones, tablets etc.

Use glass containers where possible instead of plastic, such as in baby feeding-bottles.

Health issues

Get on a regime of good quality vitamin and mineral supplements. Avoid cheap supplements which just pass through the body. I would advise a basic list as follows:

- **Magnesium.** A vital mineral that almost everyone is deficient in. Check for the best quality variants (mag. Glycinate, mag. L-Threonate, mag. Taurate or mag. chloride), not mag. citrate, or mag. stearate. Magnesium sulphate is the basis of Epsom salts.
- **Vitamin C.** An absolutely vital vitamin. Many people are deficient in this even if they eat vegetables. It principally fights infection but also helps to provide energy and good working order of the body. Use Liposomal (non GMO or soy) or sodium ascorbate.
- **Vitamin D3.** Necessary to boost the immune system. Be moderate; too much will affect your calcium levels. Get both the active (alphacalcidol) and inactive (cholecalciferol) forms.
- Vitamin B1 (Thiamine), take with nutritional yeast (not fortified). Crucial for energy levels and other issues. B vitamins are essential for the working of certain enzymes in the body.
- Iron (check if anaemic first; not just haemoglobin levels but also Ferritin,⁷³ free iron, folate, B12 and T/Sats.).⁷⁴ Spatone is a good natural source. If seriously anaemic, see your GP and request a Ferinject transfusion (iron i/v).
- Selenium. Is an essential trace element and is present in some garlic-smelling plants. Supplements are available.
- Iodine. A constituent of thyroid hormones that is required in small amounts in the body, and deficiency can lead to goitre. To check deficiency, put a spot on your skin. If it quickly disappears you are deficient and the body has quickly absorbed it. If the spot remains some time, you are OK. Be very careful if taking iodine supplements and seek

⁷³ A protein produced in mammalian metabolism which serves to store iron in the tissues.

⁷⁴ Transferrin saturation. This tells a clinician how much serum iron is bound.

medical advice first. However, today, most people are deficient in this; it used to be present in iodised salt.

- Zinc. Is an essential trace element in bodily growth. It aids getting rid of mucous in infected lungs and assists nutrients in getting into cells. It also aids skin problems when taken topically. Don't take high doses as this chelates copper, 11mg is safe but some people need much more.
- Vitamin K2. Necessary to direct calcium (elevated by Vitamin D3) into the bones instead of the arteries.
- Consider chelation.
- Copper . Works in conjunction with Zinc.
- Cayenne pepper. An amazing spice. This alone can quickly stop diabetes 2 conditions.

You are unique and your situation may require different minerals and vitamins. For example, many people are deficient in B12 or Folate (requiring Folic acid pills), vitamin E etc. Really you need a proper health check and blood tests.

Caveat: People take Vitamin A to help eyesight and it is commonly found in cod-liver oil capsules. However, Vitamin A cannot be excreted from the body but is stored in the liver; large amounts are toxic and cause an illness, which is known as hypervitaminosis A.

Generally speaking, most people are deficient in all the trace minerals that are vital for the body's function.

Never submit to any vaccine.

As much as possible, avoid pharmaceutical drugs; only use if you absolutely must. First try natural alternatives.

For specific illnesses, research natural products and therapies first. Many natural therapies have cured patients that allopathic medicine had given up on. Natural treatments have even cured 'incurable' blindness and end-stage cancer.

Check your own blood pressure and heart rate (buy a good Omron machine; not a fingertip model) and take action accordingly. The accepted normal rate for a young adult is 120/80 mmHg⁷⁵ but people are different. For decades my b/p has been far higher than that and I didn't die. The normal resting pulse rate is 60-80 beats per minute; but it will vary due to numerous circumstances.

If you have to see a GP, check their advice – they are often very wrong. Remember that it was doctors that prescribed Thalidomide, Vioxx, Avandia, the Polio vaccine and other dangerous drugs. Doctors in the 1940s said that smoking was healthy. For years doctors have said that saturated fat causes heart disease and prescribed dangerous statins. A good doctor is priceless, but there are fewer and fewer of these. For an alternative GP consultation, you can contact Dr. Sam White – a GP who has also been trained in alternative holistic medicine.

Personal issues

Seek to be a good person.

Seek to do as much good to other people as possible. Give freely to the poor; support the frail.

⁷⁵ Oxford Medical Dictionary; art. 'blood pressure'.

Train yourself to not fear, not panic, to not get stressed. If necessary use breathing exercises. Stress creates Cortisol,⁷⁶ which damages the body.

Focus your life on good and honourable things. Avoid the rubbish in the world.

Never use social media in any form (Facebook, Twitter, Instagram etc.).

Knowledge issues

Read and study the Bible daily. Get Bible resources to aid in developing understanding (e.g. E-Sword app).

Study videos that teach useful life resources (e.g. health, history, and science).

Check out reports you hear to find the truth of a thing. Don't trust what you are first told. Government narratives are often riddled with lies, for example.

Get news from a trusted set of sources; not mainstream media. Here are a few suggestions:

- A good start would be the *UK Column* regular broadcasts / podcasts. Brian Gerrish and others have a foundation in traditional Christianity. I have met Brian and he is trustworthy.
- For geo-political issues and detailed analyses see the *Corbett Report*, James Corbett.
- For a regular UK socio-political overview see videos by Jeff Taylor.
- For analysis of Westminster goings on see videos by Mayhar Tousi (Centre-Right) or the Guido Fawkes website (Right-Wing).
- For social commentary see the *New Culture Forum* interviews with Peter Whittle (includes Left and Right Wing interviewees, such as Rod Liddle [left] or Prof David Starkey [right]).
- For a weekly podcast news summary see: 1) *Planet Normal* with Alison Pearson and Liam Hallighan or *The Weekly Sceptic* with Toby Young.
- For in depth interviews regarding the Great Reset, conspiracy issues, social commentary, economics and traditional religious issues see *The Delingpod* podcast.
- For a daily sceptical view of current affairs in detail see the *Daily Sceptic* blog (Toby Young, Will Jones, et. al.).
- Redacted News, with Clayton and Natali Morris.
- In depth interviews with *Unherd* (Freddie Sayers).
- There are many others, such as Spiked, Dominic Frisbee, the Fat Emperor (Ivor Cummings), the Brendan O'Neil Show, the Ritchie Allen Show, Greg Hunter (US analysis), The Joe Rogan Show (US, long interviews), Tim Pool global analysis, particularly US), We Are Change (Luke Rudkowski, daily podcast), Jon Rappaport (daily subjective analysis), Chuck Baldwin (Christian pastor, occasional blog), The Keiser Report (Max Keiser, economic analysis), Natural News (Mike Adams), Mercola.com (Joseph Mercola, medical issues), The Stew Peters Show (US, podcast) etc.

Social issues

Focus on your family first and only then other things.⁷⁷

Always repay evil with good.

⁷⁶ A steroid hormone produced by the adrenal cortex and used medicinally to treat inflammation resulting from eczema and rheumatism.

⁷⁷ Christians often make a mistake here by putting the church above family. God comes first in our priorities but then comes family and only after this comes church and then other things.

Always be just in your dealings with others.

Be patient.

Be loving.

In every community that you find yourself in, seek to bring a positive impact to improve matters.

Never submit to bullying and harassment. Keep to your own path.

Try to find like-minded people that you can fellowship with.

Don't follow the crowd.

Conclusion

Today wisdom is needed above all virtues because the world around us is toxic and dangerous. We must be wise as serpents. A serpent is a lot more careful and cautious than a sheep. It is hard to catch a snake, but easy to steal a sheep.

Your body is being attacked; your mind is being attacked and your soul is being attacked. These attacks are constant and unremitting. It is vital that you take the necessary steps to minimise the effects of these attacks or to escape them completely. For instance, buy a water filter; eat organic local food; reduce the effects of pollution; stop watching terrestrial television and don't buy newspapers.

Take care to understand what is going on in your life. Look at food labels. Check what your children are being taught. Confront your doctor if he/she is wrong.

If you are weak, seek wisdom from above. God gives grace to those in need.

Scripture quotations are from The New King James Version
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